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Canning, Preserving
and
Jelly Making

By

Janet McKenzie Hill

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Illustrated

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PREFACE

EVERY suburban and country household should plant and nurture a garden and raise small fruits; then during the summer from the products of this effort the bulk of the food for the family should be provided and all surplus should be carefully preserved for future use. The economic conditions of the age demand this.

Modern methods of canning and jelly making have simplified and shortened preserving processes. This is one of the many debts the housekeepers of to-day owe to the United States Department of Agriculture, the State universities and cooking experts.

In this book the latest ideas in canning, preserving, and jelly making are presented, and it is submitted to housekeepers everywhere with the hope that they will find it a thoroughly reliable and trustworthy guide to successful methods of utilizing fruits and vegetables that would otherwise go to waste.

JANET M. HILL

AUGUST 1, 1915

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CANNING, PRESERVING, AND JELLY MAKING

CHAPTER I

MATTERS PRELIMINARY

On account of the quite prevalent use of power vehicles, life in the country, for at least part of the year, is being made possible and agreeable to a larger and larger number of families. As a sequence of this return to the country, gardening and the cultivation of berries and small fruits has had a renaissance.

Having grown a goodly supply of berries, fruit, and vegetables, what more natural than a desire to preserve some of this abundance for an occasion when such products are not available? Thus now, as never before, is the provident housekeeper interested in the processes by which the excess of fresh fruit and

vegetables of the summer may be kept for winter use.

Our mothers and grandmothers dried berries, fruit, squash, and pumpkin; they also preserved fruit in sugar syrup, pound for pound, made fruit jellies and jams, and kept cucumbers, cabbage, and peppers either in salt or vinegar. All these things are done to-day, to a certain extent, but in addition, many vegetables and fruit are kept in such a manner that the original fresh taste is in large measure retained, and at practically no expense save the cost of jars, the fuel, and the time spent in the work.

VALUE OF FRUIT IN THE DIETARY

Fresh and cooked fruits hold an unique place in the dietary. Too often fruit is considered as simply a luxury for occasional rather than daily use, but the judicious use of both fresh and preserved fruits means better health and satisfaction for each member of the family. The actual food value of the common native fruits, especially when eaten uncooked, is not high, but the acids in composition are an agreeable and wholesome solvent of fibrous com-

pounds in food; the potash-salts and other mineral compounds, — in which fruit abounds, — are needed to keep the blood pure, while the fibrous portions give bulk and tend to promote a healthy condition of the organs of excretion.

EFFECTS OF COOKING FRUIT WITH SUGAR

The addition of sugar to cooked fruit increases the nutritive value of the fruit, while the cooking of the sugar at a high temperature, in conjunction with the acid in the fruit, brings about the inversion of the sugar, which is the first step in its digestion. It is for this reason that jams and marmalades are thought to be one of the most wholesome forms in which sugar may be presented in food.

VALUE OF VEGETABLES AS FOOD

We can vegetables not simply to have palatable green vegetables out of season, but because asparagus, green peas, string beans, carrots, green corn, etc., even when canned, furnish valuable salts, calcium, magnesium, phosphorus, iron, etc., which are essential to

the integrity of muscles, bones, nerves, and blood. A storeroom generously filled in the autumn with canned vegetables and fruit will cut down the cost of living and do away with the necessity of tonics in the spring.

BROTHS AND MEATS

Nor are fruit and vegetables the only foods that may be put up by the ambitious housewife. The family having fowl may now and then spare a quart of broth to be stored for a case of emergency, or occasionally the flesh itself may be canned, as may also an oversupply of boiled ham or fresh fish.

WHY FRUIT, VEGETABLES, AND OTHER FOODS SPOIL

Floating everywhere in the air around us are countless microscopic organisms, known as bacteria, yeasts, and molds, that will settle upon food substances, and finding in them the proper kind of nutriment, under favorable conditions of warmth and moisture, will feed upon it and multiply until the whole substance is consumed. To preserve food, it must be put

into a condition in which these minute bodies cannot attack it, or it must be freed from all microscopic organisms and put into a place where no organisms can reach it.

PRESERVES, CONSERVES, MARMALADES, BUTTERS, JELLIES

Bacteria, yeasts, and germs that attack fruit do not thrive and multiply in a heavy sugar syrup. Fruit thus preserved is known as preserves, conserves, marmalades, jams, butters, and jellies. In the making of these confections, from three fourths to a full pound of sugar is allowed to each pound of fruit. The finished product may be stored in sterilized glass, earthen jars, or tumblers, and covered with paper to exclude germ-laden dust that might settle upon it. To whole fruits or large portions of fruit, cooked in a heavy sugar solution, the name preserves is given. Shredded fruit thus cooked is called marmalade. If the fruit is broken up in small bits by stirring during the cooking, a jam results. The juice of the fruit is the only liquid used in this latter confection.

Apple, peach, or guava butter is made by first cooking the fruit with a little water; then

sugar is added and the mixture is stirred almost constantly until the cooking is completed. Spices are often added to butters.

JELLY

"Ideal fruit jelly," says N. E. Goldthwaite, Ph.D., in a bulletin published by the University of Illinois, "is a beautifully colored, transparent, palatable product obtained by so treating fruit-juice that the resulting mass will quiver, not flow, when removed from its mold; a product with texture so tender that it cuts easily with a spoon, and yet so firm that the angles thus produced retain their shape; a clear product that is neither syrupy, gummy, sticky, nor tough; neither is it brittle and yet it will break, and does this with a distinct, beautiful cleavage which leaves sparkling characteristic faces. This is that delicious, appetizing substance, a good fruit jelly."

PECTIN

Fruit-juice, which is largely water, holds in solution small quantities of flavoring bodies, sugar, vegetable acids, and, most important

for the purposes of jelly making, a body called "pectin." If pectin be present in the fruit-juice, the juice may be made into jelly; if it be absent, it is impossible to transform juice into jelly. The proportion of pectin in different varieties of fruit-juice varies largely. Currants, sour apples, crab apples, and grapes not fully ripe are generously supplied with pectin, while strawberries and cherries are deficient. Also, the quantity of acids present in the fruit has a bearing on the jellying qualities of the juice; sour apples, currants which are notably sour, and unripe grapes are almost sure to yield choice jelly. If failure results with these, it is usually due to the proportion of sugar employed. A given volume of juice contains a certain quantity of pectin in solution, and this quantity of pectin will take care of only a definite proportion of sugar. To have perfect jelly, each and every time, we must know how much pectin is present in the juice and also how much sugar that quantity of pectin can utilize. The presence of pectin in juice can be determined by mixing equal volumes of juice and ethyl alcohol. If pectin is present, a gelatinous mass will appear in the liquid,

which may be gathered up with a spoon. By many tests and comparisons one may get a good understanding of how the quantity of pectin varies with the different varieties of fruit-juice; and by making jelly with sugar and juice in different proportions, finally decide on the proportions best adapted to secure the perfect jelly.

With but a superficial knowledge of the real composition of fruit-juice or of why fruit-juice jellied, the housekeepers of long ago worked out the proportions of sugar and juice that would give the best jelly in each case, and the chemist of to-day has really advanced but little farther.

CANNED FOODS

In canning food, we depend upon heat to free the article of all organisms; the food itself and everything with which it comes in contact must be sterilized by heat; then this sterile food must be sealed to exclude all organisms from without.

Fruit put up in a heavy syrup, as we noted above, need not be sealed so carefully; the same is true of foods put up in vinegar, and some

articles acid in themselves, as rhubarb, cranberries, and lemons, may be sealed in cold water, without the application of any heat. This is because bacteria and yeasts do not attack acid substances.

UTENSILS NEEDED FOR CANNING AND PRESERVING

In canning, preserving, jelly making, and pickling, white, porcelain-lined or new agate dishes should always be used. Acids in fruit, vegetables, and meat attack iron and tin, and the compounds formed discolor the food, rendering it unpalatable both in appearance and taste. When fruit is to be cooked in an open saucepan, the pan should be broad, that the fruit be not crushed. For canning fruit or vegetables which are to be cooked in the jars, a Mudge Canner is a delight; but a good steam kettle or a wash-boiler fitted with a rack that holds the cans from the bottom of the boiler answer all purposes. In cooking in the canner, as also in the steam kettle to some extent, the process is carried on under high pressure, thus the time required is shorter than in the wash-boiler.

A "waterless cooker," a cooker with a removable double bottom, fitted with several sheets of asbestos, or a large double boiler are serviceable when grapes, currants, and berries are to be used, that the juice may be canned for sherbets, jelly making, etc.

JARS, COVERS, AND RUBBER RINGS

In selecting jars, those are preferable in which, when covered, there is no air space above the level of the rim of the jar. That is, those in which the whole surface of the cover fits down closely upon the contents of the jar. Such jars are the only ones that can be used successfully with fruit canned in cold water, as cranberries, rhubarb, gooseberries, and lemons. The reason for this is obvious: the space not filled with fruit and cold water is filled with air, and there is no way of sterilizing this air. When food is canned in such jars by cooking, if the work has been done properly, any space left by the shrinkage of the fruit after canning is completed has been sterilized by heat.

Cans nicked at the top or glass covers nicked

on the edge, or white-lined metal covers not absolutely level on the edge should be discarded.

Rubber rings should be fresh and new. A soft, elastic ring is preferable to one that is firm, for a closer joint is thus secured.

WIRE BASKET, PURÉE SIEVE, COLANDER, FUNNEL, etc.

A wire basket, such as is used in frying croquettes, is convenient for lowering peaches and tomatoes into hot and cold water, when the skins are to be removed. A colander is useful in washing berries; a purée sieve and a similar sieve or strainer with a coarse mesh are desirable for draining berries and for straining out seeds in making seedless jams, or putting up raspberry juice and pulp for use in sauce Melba and similar confections. A wooden pestle or potato masher is just as useful as the sieve.

JELLY BAGS AND "EXTRACTIONS"

Some sort of bag is a necessity for securing fruit-juice for jelly. An illustration of a jelly bag set up for use is shown on another page; this retails for ninety cents. Heavy French

felt bags, made with loops by which they may be hung to a frame, are sold for two dollars and a half. In most kitchens a hook will be found upon which a bag of cooked fruit may be hung over a bowl. Lacking a bag, a yard of unbleached cotton, washed (no soap) and scalded in clean boiling water, may be spread over a colander set down into an earthen bowl; after the fruit is poured into the cloth, gather the cloth in the hands above the fruit, tie a string around the gathers and by it hang the bag over the bowl. At the end of half an hour, turn the pulp in the bag into a saucepan, add hot water to cover, mix thoroughly, and set over the fire to cook; drain as before and repeat the cooking of the pulp if it seems advisable. In the case of blueberries and currants, the second and third extraction (boiling) produce good flavored, clear, sparkling jelly. If preferred, after the juice has dripped about half an hour from the bag, the bag may be pressed to secure the rest of the juice.

FUNNEL, LADLE, SKIMMER, AND PITCHER

A funnel with wide mouth is convenient when putting cooked fruit into jars, as by its use

PATENT JELLY BAG READY FOR USE. — *Page 11.*

nothing is spilled on the outside of the jar and the work is quickly done. A ladle lifts the cooked food from the saucepan to the funnel; a measuring cup may replace the ladle, though the handle of the cup is liable to become overheated. A pitcher with long, narrow lip is the ideal utensil when hot syrup or water is to be poured into jars.

SCALES AND MEASURES

The untrained housekeeper will probably be more accurate with scales than with measuring cups. A good pair of scales, used properly, will last a lifetime and should, if possible, be given a place in every kitchen. Knowing that scales are not commonly used in the kitchens of this country, measures by cups are quite generally indicated in the recipes. A quart measure, four cups, saves much time. The cooking-school cup holds one half a pint. Half a pint of sugar weighs eight ounces, or half a pound; thus the old saying, "a pint's a pound the world around" holds as far as sugar is concerned. But it takes a quart of flour to weigh one pound.

FRENCH KNIVES

A small French knife (one with the trade-mark of the hand upon it) is the best knife yet found for paring fruit; the blade is thin, and being of good steel will take and keep an edge. The blade should be scoured often during use; especially is this true when preparing oranges and grapefruit for marmalade. Scoured often with Sapolio, then washed and wiped dry, the slicing will be done with ease. The food chopper, often recommended as a time saver in preparing fruit for marmalade, should never be used for the purpose. Silver knives are too thick and clumsy when a thin paring is to be removed, and they are not sufficiently sharp to cut easily through the peel of citrus fruit. A larger knife is needed for cutting grapefruit into halves and quarters than for slicing the same. Let the fruit rest on a board while it is being cut.

RACK FOR WASH-BOILER

The Mudge Canner and the usual steam cooker are supplied with perforated discs that hold the jars above the water; two pieces of

hard wood, two or three inches in length, an inch and a half in width, and one third an inch thick are set under each can to leave a space between the two pieces of wood. In the canner, but one can is set in a compartment; in the steam cooker and wash-boiler, several cans are set side by side, and it is best to press cloth between them at the bottom to hold them in place. If jars come in contact at any point during the cooking, they are liable to break. It should be needless to add that if water must be renewed in the cooking receptacle after the jars are once heated, it must be at the boiling point. A wash-boiler to be used for canning must be supplied with a rack on which the jars may be lifted from direct contact with the floor of the boiler. This rack may be made of lath or of similar strips of wood. When finished, the rack needs to be an inch or two shorter and narrower than the boiler, that it may be lowered into it with ease. It should be reinforced with supports below, that it may not sag in the middle when laden with filled jars, but these supports must be so placed that there is a free circulation of water below the jars.

SELECTION AND PREPARATION OF FRUIT FOR PRESERVES, etc.

Fruit is at its best for all cooking purposes just before it is perfectly ripe. There is said to be but a single moment when a peach is at its best for eating, but the moment for cooking comes before the moment for eating. In making preserves or in canning fruit, retention of shape and flavor are most essential; overripe fruit is never perfect in shape and has lost its flavor.

For jelly making, underripe fruit is preferable to that which is overripe, as the pectin, the jelly-making element found in fruit, diminishes, in some measure at least, as the fruit ripens.

All fruit, but especially berries and peaches, should be used as soon as possible after being picked and should be set aside in a cool place until the exact moment at which work upon it is to begin. Have the kitchen in order and everything in readiness before the actual work is started. Prepare only a small portion of fruit before commencing on the cooking.

APPLES, PEARS, AND QUINCES

All large, firm fruit should be washed and, except for jelly making, it should be pared. For jelly making retain the skins and cores but cut out the blossom end and all blemishes, also discarding stems of all fruit. As fruit is pared, drop it at once into cold water. Squeezing over pared fruit a little lemon juice will keep it beautifully white, even for some hours. In some cases the addition of one tablespoonful of lemon juice to each quart of water will suffice. When coring these fruits, be careful to discard every portion of the core, as the retention of any part of the seed containers is most objectionable. The stems of pears are often retained.

PLUMS

The stems and skins of plums, even for preserves or sweet pickle, are usually kept in place; to keep the skin from bursting during cooking, each plum should be pricked in several places. For home use, a larding needle, trussing needle, skewer, or even a large darning needle will answer the purpose. For commercial use,

several needles pressed into a large flat cork are often used. With this arrangement care must be taken that none of the needles are broken off in the fruit and left there unnoticed.

PEACHES AND TOMATOES

The easiest way to peel peaches and tomatoes is to lower half a dozen or more in a wire basket into a saucepan of actually boiling water, let stand three or four minutes, then lift from the boiling water to a saucepan of cold water. Lift the peaches after about two minutes, then drain; start the skin with a knife at the stem end, and the whole of the skin may be slipped off in the hand. Plums may be treated in the same way, whenever the skin is undesirable.

If pears or peaches are to be put up in halves, they should be divided before the skin is removed, then the skin is taken off with a knife; in this way the shape is preserved.

BERRIES, CURRANTS, AND SMALL FRUITS

Berries and small fruits should be handled in small quantities to avoid crushing. If necessary to wash these foods, do this before

removing stems or hulls. Put a small portion of berries in a colander, pour over a little cold water, turn them into another colander and again pour on cold water, then drain and remove stems and hulls. Whenever practicable currants should be made into jelly without washing; also pick this fruit before rather than just after rain.

SELECTION AND PREPARATION OF VEGETABLES FOR CANNING

Only young, tender vegetables may be canned successfully. As vegetables mature, the sugar in composition is changed to starch; and starch is not sterilized as easily as is sugar. Let the vegetables be freshly gathered and crisp. Particular directions for preparation will be given for each vegetable under its special head.

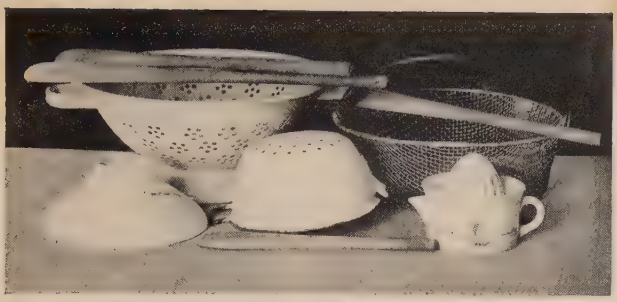
CHAPTER II

CANNING AND RECIPES FOR CANNING

METHODS OF CANNING

For home canning, two distinct methods of procedure are in general use: (1) Cooking in a saucepan and then transferring the article to the sterilized cans, and (2) cooking the product in the jar in which it is to be stored. Cooking in the oven is sometimes given as a third way of home canning, but the food is cooked in the jar and manipulated in the same manner as when cooked in a canner, steam cooker, or wash-boiler, and we see no reason for referring to it as a third method.

Bulky foods like spinach and beet greens, hard fruits like apples and quinces, and foods in which there is considerable waste, as beets, are canned more easily if the process is begun at least in a saucepan. Berries, peaches, pears, peas, asparagus, carrots, tomatoes, and string



Wooden Spoons, Porcelain Colander, Funnel, and Strainer, Wire Basket, and Lemon Squeezer. — *Page 9.*

Scales, Quart Measure, and Measuring Cups. — *Page 13.*

Purée Sieves and Pestle. — *Page 11.*

beans retain their flavor better if canned in the receptacle in which they are to be stored.

CANNING WITH A SAUCEPAN

When canning food with a saucepan, the food, prepared by directions previously given or under the special recipe, is cooked until tender. Sometime before the food is set to cook, the jars, covers, and all utensils, — as spoons, ladle, and funnel that are to be used, — are set into a saucepan of cold water, on the bottom of which is a rack or many folds of clean cloth; the jars are filled with water, and the whole is brought slowly to the boiling point and kept at just about this point for ten minutes or longer. When the food is cooked and is actually boiling, turn the water from a jar, set the jar on a folded cloth near the saucepan, and fill it with the hot food; dip the rubber ring (which must be new and pliable), in boiling water and set it in place; take a silver knife from the boiling water and move it around in the jar to break up bubbles of air that may be present; add more boiling liquid to fill the jar to overflow; lift the cover from the boiling water,

set it in place, fasten securely, and lift the jar to a board. Do not let a draught of air blow on the hot jar, or it may crack. Store when cold in a dark place.

CANNING WITH A WASH-BOILER, STEAM COOKER, OR CANNER

A canner made for the purpose simplifies the process of canning. As the cooking is done under very high pressure, the time required is materially shortened. The work is carried out in the same manner with the three utensils mentioned above. Rinse the jars in boiling water, taking care to heat them gradually lest they break; fill the jars with the article to be canned, then set on the rack, put the lids of the jars beside them or in a pan of boiling water on the stove. Cover the large receptacle and let the water heat quickly to the boiling point, then open and fill the jars to overflow with salted boiling water or boiling syrup, as is required; adjust rubbers and covers but do not fasten them down, cover the receptacle and let cook as required, then seal and remove to a board out of all draughts.

TIME OF COOKING VEGETABLES

In most cases, in these recipes, no definite time is given for sterilizing the vegetables. It has been found by repeated trials that the vegetables at the stage for eating are ready for sealing. This work has been carried on for eight or ten years, and in that time, except for a few cans of peas and shell-beans, too far advanced for canning, no can of vegetables has been lost.

POINTS TO REMEMBER IN CANNING

The food itself and everything with which it comes in contact must be sterilized by heat; then this sterile food must be sealed at once to exclude all organisms from without.

Only young, tender vegetables may be canned successfully.

Almost any food substance, — save corn and shell-beans, — cooked in the can, will turn out successfully, or keep, if the cooking or process of sterilization continues until the article is in the condition for immediate serving, providing the jar be then filled to overflow with boiling liquid and covered hermetically with a sterile cover.

Rubber rings should be new each season.

The addition of a small quantity of sugar to canned fruit does not add to its keeping qualities; just the same care to sterilize jars, covers, and all utensils that come in contact with the cooked fruit must be observed as if no sugar were used.

To open a glass can of food easily, immerse the end of the jar on which the cover is fitted in warm water, then gradually add boiling water, and let stand a few minutes, when the cover may be separated from the jar with ease.

RECIPES FOR CANNED FOODS

Beets

Wash and scrub the beets, taking care that the skin is not broken or cut, or the roots broken off. Cover with boiling water and let cook until tender; drain, cover with cold water, and with the hands push off the skin; trim the top and bottom neatly and drop into a sterilized jar standing on a cloth in hot water. Put into the jar as many beets as possible; if large, they may be cut; adjust the sterilized rubber, fill the jar to overflow with boiling water, set

the sterile lid in place, but do not fasten it; set the jar in a steamer, cover and let cook about ten minutes, then tighten the cover. Lacking a steamer or similar utensil, finish the beets in the oven. The jars must always be raised from the bottom of the receptacle in which the water is boiling, and each must stand apart from the others. Jars touching each other will break or crack at the point of contact.

String Beans

Snip the ends of the beans, remove strings if present, leave the beans whole or pile a quantity together, and cut them in inch or half-inch lengths straight across the pods or diagonally as desired; wash in cold water, then fill into sterilized jars, shaking down meanwhile. Set the filled jars into the steam cooker or other appliance, the covers beside them. Put lukewarm water into the cooker, cover, and let the jars heat gradually, then fill each jar to overflow with boiling water; cover and let cook undisturbed until the beans are tender enough for the table; adjust the rubbers; add salt, — a teaspoonful to a quart, — to a pitcher of boiling water and use to fill the jars to overflow;

set the lids in place; again cover and let cook about twenty minutes; fasten the rubbers securely and remove the cans to a board. When cold, store in a dark place.

Asparagus

Use only the tender portions of freshly cut asparagus. Remove the coarse scales at the base of stalk, and wash carefully to remove any sand. Set the stalks, heads up and just below the narrowing of the jar, in the sterilized jars; put lukewarm water in the cooker, cover, and when boiling, adjust the rubbers; fill the jars with salted, boiling water, set the covers in place, and cook about half an hour; then tighten the covers. Or when the asparagus is cooked nearly enough for the table, the rubbers and lids may be adjusted for a final cooking of about ten minutes.

Large Green or Red Peppers

Cut around the stem of each pepper and remove the piece and the seeds; wash each pepper carefully and cover with boiling water as many peppers as, when softened somewhat, will fill the jar; cover and let simmer about five

minutes; drain, cover with cold water, and drain again; press the peppers, one by one, into a sterilized jar; set the jar on a cloth on the rack in a steam cooker; fill jar and cooker, or other appliance, with lukewarm water; adjust the rubber and cover, but do not tighten the cover; cover the cooker and let the peppers cook about ten minutes after boiling begins in the cooker. When the peppers seem tender, tested with a fork, replace the cover, first adding boiling water, if needed to fill the jar, and let cook about ten minutes; then remove the jar and tighten the cover.

Peas

Shell the peas as soon as taken from the vines, wash and pack into jars, shaking down meanwhile. Set the cans over lukewarm water on the cloth-covered rack or on the bits of wood in the canner, put on the cover, and let stand until the water boils; then fill each jar to overflow with boiling water and cook until the peas are nearly tender; adjust the rubbers, add boiling water, and set the lids in place; let cook ten minutes, then tighten the lids.

Carrots

Scrape small, fresh-pulled carrots, trim as needed and pack closely into sterilized jars; pour lukewarm water into the canner or cooker and when it boils fill the jars with boiling water; cover the cooker and let the water boil until the carrots are nearly tender; adjust the rubbers, add salted, boiling water, and set the lids in place; let cook ten minutes, then close securely. Carrots of medium size, cut in lengthwise quarters, may be canned with ease.

Cauliflower

Soak the cauliflower, head downward, in salted water half an hour or longer. Set to cook in an open kettle in boiling, salted water. When cooked about eight minutes and softened somewhat, remove from the fire and separate into flowerets; dispose these in sterilized jars; set them in the cooker, put on the rubbers, fill the jars with water in which the cauliflower was cooked, reheated to the boiling point, and set the lids in place; cover the cooker and let boil rapidly from ten to fifteen minutes. Tighten the lids.

WATERLESS COOKER, WITH JAR OF TOMATO PASTE. — *Page 10.*

CANNING APPLES WITH SAUCEPAN. — *Page 21.*

CANNED PEPPERS, STRING BEANS, CAULIFLOWER, AND SPINACH. — *Pages 25–29.*

Spinach

Pick over the spinach, wash through many waters, then set to cook in about a cup of boiling water (to a peck). When tender, skim from the water and place in sterilized jars, packing it in solid; adjust the rubbers, strain the water in which the spinach was cooked through a napkin wrung out of boiling water, reheat to the boiling point, and use to fill the jars to overflow; put on the lids, let cook ten minutes after boiling begins, then tighten the lids.

Brussels Sprouts

Pick over, discard imperfect leaves, wash, and set over the fire in boiling water to cover; let boil five minutes, then skim into jars, shaking the sprouts down to fill the jars compactly; set the jars in the usual manner in the canner or cooker, fill with boiling water, set the lids beside the jars; cover the large receptacle and let boil until the sprouts are nearly tender; adjust the rubber rings, fill the jars to overflow with boiling salted water, set the covers in place, cover the receptacle, and let cook ten to fifteen minutes after boiling begins, then fasten down the lids.

Sweet Corn

Golden Bantam sweet corn cannot be excelled for canning purposes. The following recipe for canning corn is so satisfactory that no other will be given for this article in these pages. Have the corn fresh-picked and husked. Use only the pulp, the hull being more difficult to sterilize. To prepare, with a sharp knife score the kernels in each lengthwise row on the ear, then with the back of the knife press out the pulp, leaving the hulls on the cobs. As the pulp expands greatly in cooking, especially at first, the jars should be filled to only two thirds their height. Set the pulp to cook in three jars for each two to be filled. Set the jars in the cooker or canner as usual, the covers beside them; after cooking fifteen or twenty minutes, stir down the corn in each jar and repeat this stirring several times whenever you fear the pulp will rise over the top of the jar. When the corn pulp no longer puffs in cooking, fill two jars from the third and let cook about half an hour, then wipe the top of each jar, adjust the rubber rings and covers, and let cook again about half an hour, then tighten the covers.

Hot water may be used to fill the jars if the quantity of corn pulp is short.

Squash

Cook the squash in a saucepan as for the table; remove from the shell and press through a ricer or sieve. Place the squash in sterilized jars, using a silver-plated knife to pack it as solid as possible; set the filled jars on a rack in wash-boiler, steamer, or canner, the lids beside them, cover the receptacle and let cook one hour; stir down if needed; adjust rubber rings and covers, but do not fasten them down. Cover and let cook half an hour or longer. On account of the density of the pulp in the jar, long cooking is needed to heat thoroughly.

Pumpkin

Cut the pumpkin in halves, remove seeds and coarse threads. Cut the halves in narrow strips, pare these and cut them in short pieces. Put the pieces of pumpkin over the fire in an agate kettle, add a cup or less of boiling water, cover closely, and let cook very slowly on the back of the range. Stir occasionally. Let cook in this manner about five hours, then press

through a sieve. Put the cooked pumpkin into sterilized jars. A small pumpkin, when cooked, will yield about enough to fill two pint jars. If a jar lacks a little of being full, add boiling water to fill it. Set the jars on the rack in a steam kettle or any saucepan of sufficient depth, and put the covers beside the jars; add lukewarm water and let cook an hour, add boiling water if needed to fill the jars to overflow, adjust the rubbers and covers and let cook fifteen minutes longer. Tighten the covers and store in a cool place.

Mushrooms

Mushrooms may be canned as easily as fruit and much easier than some vegetables. The buttons, ranging in size from the smallest to those with the cup breaking from the stem, are most desirable for canning, as they remain firm and white after being heated. Clean by peeling, or by wiping with a cloth, removing any soiled spots or earth which may have adhered to them; cut the stems short, leaving from one half to one whole inch of stem attached to the cap. Pack in sterilized jars, shaking down meanwhile; prepare three cans for each two to be

filled. Cover the large receptacle and let cook until the mushrooms cease shrinking, then fill two jars from the third, using boiling water to finish filling the jars if there is not enough of the mushroom liquor; adjust the rubber rings, set the lids in place but do not tighten them, cover the cooker, and let cook half an hour. Tighten the covers and set aside. Often this much of sterilization will suffice, but to make sure, it is thought best to return the cans, unopened, to the boiler or cooker for one hour on the two following days. An hour is needed, as the cans are cold. With more experiments, the necessary time of cooking may probably be found to be less.

Tomatoes

Remove the skins from the tomatoes and cut out the hard portion around the stem end. Cook in a covered saucepan, shaking occasionally lest they burn, until hot throughout. Dispose boiling hot in hot jars, filling the jars to overflow; adjust rubber rings and covers, tightening the latter securely, and remove to a board. Avoid cooling in a draft, lest the jars be cracked.

Tomatoes No. 2

Peel small, ripe tomatoes and fill sterilized jars standing in a cooker or boiler. Have boiling on the stove tomatoes cooked as in the first recipe; use these to fill the spaces between the tomatoes in the jars, shaking the jars to fill all open spaces. Cover the large receptacle and let cook about fifteen minutes; adjust the rubber rings, fill the jars to overflow with some of the boiling hot tomato, set the lids in place, let cook ten minutes, then fasten securely.

Tomatoes, Canned Whole (New Style)

If the tomatoes are small, leave them whole, simply peel and cut out the hard portion at the stem end. Larger tomatoes may be cut in quarters, preferably at the fleshy portion between the seed sections. Have the jars and covers thoroughly sterilized in boiling water; turn out the water and fill the jars as full as possible with the prepared tomatoes and adjust the rubber rings; set the jars in a large deep saucepan, or other receptacle, on several folds of cloth; turn a little boiling water into the

dish against the cloth at one side, to temper the jars, then fill the jars to overflow with boiling water; adjust the covers (taken from boiling water), making them secure as when canning is finished; now pour boiling water around the cans to reach to at least half their height. Cover the receptacle and let stand until the jars are cold. The tomatoes when opened are about equal to the fresh vegetable.

Tomato Paste

Cut the ripe, peeled tomatoes in halves and discard as many seeds as possible; set to cook in a white-lined saucepan over a slow fire; let cook until reduced to a paste, stirring occasionally. A "waterless cooker," a cooker with a separate bottom fitted with two or three asbestos pads, is good for this purpose. Press the tomatoes through a sieve fine enough to keep back any seeds remaining; add a teaspoonful of salt to each quart of material, mix, and use to fill half-pint, sterilized jars; adjust the rubber rings and covers; set the cans into a cooker, or boiler, and let boil one hour; tighten the covers and store as usual. It will take between two and three quarts of tomatoes to make enough paste

to fill a half-pint jar. Without a waterless cooker, let cook on an asbestos mat. As the tomatoes are less liable to burn after straining, it is best to strain them as soon as they are softened throughout. This paste is used in mayonnaise dressing and for sauces, soups, etc. A little goes a long way.

CANNED FRUIT

Fruit keeps equally well put up either with or without sugar. Fruit-juice to be used for jelly, sherbet, pudding sauces, etc., should be put up without sugar. Fruit for table use should have enough sugar added to make it palatable. The sugar is often added in the form of syrup. To make the syrup, use one cup of water to two or three cups of sugar, according to the acidity of the fruit. Melt the sugar in the water (boiling water will act more quickly than cold water), wash down the sides of the saucepan with the tips of the fingers wet in cold water, then cover the pan and let boil three or four minutes. Sometimes the syrup is made of sugar and fruit-juice in the place of water, and sometimes honey replaces the sugar in whole or part.

Blueberries (No Sugar)

Pick over, wash, and drain the blueberries, dispose them in sterilized jars, shaking down and adding as many berries as possible to each jar. Adjust the rubber rings, set the jars on the racks, the covers beside them, put on the cover of the receptacle, and heat the water gradually to the boiling point. When the berries are hot throughout and have settled in the jars, use those in one jar to fill three or more, adjust the sterile covers but do not fasten them, let cook ten minutes, then tighten the jars and remove to a board. These berries are canned without sugar or water. If more convenient, berries may be cooked in a saucepan to finish filling the jars.

Blueberries (Sugar)

Fill the jars with berries as before, make a syrup in the proportion of one cup of sugar to half a cup of water, then when the jars are filled with berries, set them in the cooker, pour in the syrup to fill, let cook about fifteen minutes, wipe the rim of the jars, adjust the rubber rings, — first dipping them in boiling water, — add syrup to fill the jars to overflow, set the sterilized

covers in place, and tighten the jars. These berries are to be eaten as a sauce. The point in their favor is that they are ready to serve. Quite as good results may be obtained if the berries are canned without sugar and reheated with sugar the day of serving.

Blueberries No. 3

Stew the berries in a saucepan, adding about a cup of water to four quarts of berries, — just enough to keep them from burning; add sugar, — a cup and a half to two quarts of berries, — if desired; when boiling throughout, turn into sterilized jars, filling them to overflow; adjust rubber rings (dipped in boiling water) and sterilized covers, and tighten the covers at once. For use in pies, put up without sugar.

Apples

It does not pay to can apples that may be eaten fresh during the winter, but fall apples of fine flavor that can not be kept any length of time are most excellent canned for use either in pies or sauce in the late spring and early summer. Canned without sugar, then, at time of use, reheated with sugar, the red Astrachan and

Wealthy apples yield dishes that can scarcely be told from those made of fresh fruit.

Wash, pare, quarter, and core the apples. Prepare enough for one can, dispose the quarters in cold water as finished, then drain and set to cook in about a cup of hot water, cover and let cook until boiling throughout, then pour into a sterilized can, filling it to overflow, adjust the rubber ring and cover, tightening the cover at once.

Apple Juice

To the parings and cores of apples made ready for canning, add a few whole apples, cut in quarters and water to cover. Cover and let cook about half an hour, then pour into a jelly bag to drain. Reheat the juice to the boiling point, then store in sterilized cans, in the usual manner. Pressure may be used on the jelly bag to secure the last of the juice, or the pulp may be reboiled with water and strained again. Apple juice may be used in jellies, sherbet, mince meat, etc.

Peaches

As the principal use for canned peaches is sauce or in desserts where they need to be

sweetened, peaches are usually canned with sugar. Prepare the peaches according to directions previously given. To a quart can allow about a dozen peaches and from one to two cups of sugar. Melt the sugar in a cup of boiling water. If the fruit is to be cooked in a saucepan, have but one layer of peaches. Let them cook, covered in the syrup, about ten minutes, or until the peaches can be pierced with a fork. Have the jar, filled with hot water, standing on a cloth in a pan of hot water; empty the water from the jar, put in the peaches, then pour in the syrup to fill the jar to overflow; adjust the rubber ring and the cover and tighten the jar at once. Syrup left over may be used in starting another jar. Cook only one or two jars at a time. If there is not enough syrup to fill the jar, use boiling water.

Peaches No. 2

Make a syrup as in the first recipe for peaches, let boil four or five minutes. Fill the sterilized jars with the prepared fruit, shaking it down and putting in as many halves as the jar will take. Let stand covered in the cooker until the water in the outer receptacle boils and the jars are

Canning Peaches with Maraschino Cherries in Patent Canner. — *Page 40.*

Wash-Boiler, Rack, and Jars for Canning. — *Page 15.*

tempered to the heat, then pour in hot syrup to fill the jars to overflow, adjust rubbers and covers, but do not fasten down the covers. Let boil from ten to twenty minutes, then tighten the covers. Add about a dozen meats from the peach stones to each jar of fruit.

Pears

Can soft pears in the same manner as peaches. Hard pears should first be cooked tender in boiling water, then use this water as needed in making the syrup; finish either in saucepan or jars, as desired; in either case, but a few minutes of cooking are needed.

Pears No. 2

Cut a dozen Bartlett pears in halves, leaving the stems on one half, and remove the cores. Make syrup of one cup and a half of sugar, a cup of water, and the juice of one lemon; skim, put in the pears, and cook until just tender. With a silver fork drop the pears into a sterilized quart jar set on a cloth in a pan of water; pour in syrup to fill the jar to overflow; adjust the rubber and the sterilized cover and tighten the jar.

Plums

Plums are usually canned without removing the skins. Prick each plum in several places that the skin may not burst. Wash and drain the plums. Allow a cup of sugar to each quart of plums and about a cup of water to four quarts of plums. Make a syrup of the sugar and water, put in part of the plums, let cook about five minutes, skim into jars, fill the jars with the boiling syrup, and seal at once. Reheat the syrup to the boiling point, add the rest of the plums, cook and seal as before.

Raspberries for Sauce

6 quarts raspberries 4 cups sugar

Heat one quart of the berries in a double boiler; when the berries are hot throughout and the juice runs freely, crush them with a wooden pestle and turn them into a napkin wrung out of hot water or two folds of cheesecloth, press out all the juice, add the sugar, heat to the boiling point and skim. Put the rest of the berries into four quart jars, set them into a canner or steam cooker, and gradually heat the jars; then pour in the boiling syrup,

dividing it among the four jars, adjust the rubber rings and covers, and let cook five or six minutes, remove from the fire and tighten the jars. The jars must be filled to overflow, and if there is not enough of the raspberry syrup, use boiling water. If preferred, the berries may be cooked in the syrup in an open saucepan ten minutes, then transferred to the jars. Raspberries may also be canned without sugar. See blueberries.

Blackberries for Sauce

Can blackberries in the same manner as raspberries. Or can them without sugar. See blueberries.

Red Raspberries with Currant Juice

Fill the jars with the fruit, shaking down well (but do not crush). Adjust covers and rubbers and place in a kettle of cold water in the same manner as previously explained. Then bring to boiling-point and boil until the steam will issue from the jar of fruit when opened. Lift from the kettle and fill to the brim with a hot (boiling) syrup made in the proportion of one cup of sugar, half a cup of water, and, — for

a pint can of raspberries, — one tablespoonful of currant juice. The currant juice gives the berries such a rich flavor that those canned without it seem flat in comparison.

Raspberries Canned without Cooking

Mix together raspberries and sugar, pound for pound or bulk for bulk; with a silver fork or wooden pestle crush the fruit and sugar until every berry is broken. Have ready jars sterilized in boiling water; empty the jars and fill to overflow with the berries and sugar; adjust new rubbers and sterilized covers and fasten them securely. Store in a dark place. These are particularly good for shortcakes and have the exact flavor of freshly picked fruit.

Currants Canned without Cooking

Can the currants in the same manner as the raspberries, except allow one pound and a quarter of sugar to each pound of currants. Be sure that each individual currant is crushed.

Canning Berries without Cooking No. 2

Wash, drain, and pack berries in jars. Shake down so as to get in as many as possible. Put

jars, when filled, in hot water to get thoroughly warmed through. Make a syrup by using the same amount of sugar you would in canning berries the ordinary way. Put over berries boiling hot, let bubbles escape, put on lids, set in boiling hot water, cover up and leave until cold. These have a delicious flavor.

Cherries

Stone the cherries or not, as desired, remove the stems and wash, the first thing. If the cherries are stoned, use the juice. Fill jars with cherries and juice; when the jars are heated and the fruit is soft, take one or more jars to fill the others, then pour in boiling water or syrup as desired, to fill the jars to overflow. Let cook from five to ten minutes; then tighten the covers. Allow about a cup of sugar and one fourth a cup of water to each quart of cherries. The cherries may be cooked in the syrup and then sealed in the jars. For use in pies add no sugar.

Grape Juice

Wash the grapes, pick them from the stems, and dispose in a "waterless cooker" or in a very large double boiler; as the grapes heat, crush

them with a pestle; let drain in a jelly bag, then reheat in a saucepan to the boiling point, turn into the sterilized jars, and finish as all canned food. Or turn into the cans, set in a cooker or boiler, adjust rubber rings and covers, and tighten the covers when the water boils. Remove the last of the juice by pressure, or add water to the pulp; let boil about fifteen minutes, then drain again; can this to use in jelly, but do not forget to either "boil down" or add less sugar.

Pasteurized Grape Juice (U. S. Department of Agriculture)

Grape juice is satisfactorily pasteurized without appreciable change of flavor when it is heated to a temperature varying from 165° to 176° F. If the temperature is allowed to reach 200° F., the flavor of the juice is changed for the worse.

For home use there are a large number of varieties of grapes which will make a pleasant and healthful drink. No matter what the kind of grape, however, only clean, sound fruit should be used, and it should be well ripened, but not overripe. The grapes should first be crushed

and pressed. The subsequent procedure depends upon whether a white or a red juice is desired. For a light-colored juice, the crushed grapes are put in a cloth sack and twisted until the greater part of the juice is extracted, one person holding each end of the sack. The juice is then put in some convenient form of double boiler in which it does not come into direct contact with the fire but is surrounded by hot water, and gradually heated to a temperature close to 200° F. As has already been said, however, it should not be allowed to go over this point. If no thermometer is available, it is best to heat the juice until it steams and then to take it from the fire before it is allowed to boil. It should then be poured into a glass or enamelled vessel and allowed to settle for twenty-four hours, after which it can be drained from the sediment and run through some form of cloth filter. The strained juice is then put into clean bottles and sterilized once more in a water bath. An ordinary wash-boiler with a thin board on the bottom for the filled bottles to rest on is a convenient home device for this purpose. After sterilization, the bottles should be corked immediately with new corks, the corks

having been previously soaked for about thirty minutes in hot water.

For red juice, the crushed grapes are first heated to the same temperature as before and then strained through a clean cloth or drip bag without pressure. Thereafter, the process is the same as for light-colored juice.

Grape juice should be stored away in bottles or jars that are not too large, for after these have been opened, the juice is likely to spoil. If properly made, however, the juice should keep indefinitely as long as it is kept in sealed bottles. In this respect it is, of course, like other canned goods, which should always be used as soon as possible after they have been opened.

Of the various varieties of grapes common in this country, the Delaware gives a juice of delicate aroma and excellent flavor. The Concord is darker, with a sprightly taste and well known aroma. The Catawba, Isabella, and Salem grapes also yield an excellent product. The California varieties produce a very sweet juice, but in many cases there is little characteristic flavor. For home use, however, the kind of grape that is most abundant in the vicinity will, of course, be used.

Strawberries Canned to retain Color

Hull and weigh the berries. For each pound of berries allow ten ounces of sugar and one fourth a cup of water. Cook the sugar and water to a thick syrup, let cool a little, then pour over the berries, washed, drained, and put into fruit jars. Fill the jars to overflow, adjust the rubbers, and screw down the covers loosely. Set the jars on the rack, in a steam-kettle, covered with folds of cloth or paper, and surround with water at about the temperature of the jars. Bring slowly to the boiling-point and let boil ten minutes. Tighten the covers and let the jars cool in the kettle. Store in a dark, dry, and cool place.

Canning Pineapple

Can the pineapple when it is cheapest in your locality. With a knife trim off the outside and take out "the eyes." The next step will depend upon the use you are to make of the fruit. A round slice with a hole in the center, where the core has been removed, is pretty for many desserts; lengthwise slices are favored in some tropical countries, and pieces picked from the core with a silver fork, the fork follow-

ing the natural lines of division, are good for use in salads and cocktails. For use in omelets, soufflés, Bavarian cream, and punch, grated pineapple is preferable. The fruit is canned just as successfully without sugar as with it, and the omission of the sugar simplifies the preparation of a dish in which the pineapple is used with other ingredients. In canning in an open kettle, cook until tender; in the jar, cook about half an hour. Fill the jars with hot water or syrup (a cup of sugar to a can), as is desired.

Rhubarb and Pineapple

1 large pineapple
Twice as much rhubarb as pineapple
Sugar

Remove the skin and eyes from the pineapple; discard these, then pick the flesh from the hard center. Measure the pineapple, cover with cold water, and set to cook. When tender, add a layer of rhubarb cut in small pieces and then a layer of sugar, until twice the measure of pineapple and about two and a half cups of sugar for each quart of material has been used. Let simmer until boiling throughout, then store in cans in the usual manner.

Raspberry Juice

Heat the raspberries in the same manner as the grapes. Reheat the juice drained from the berries to the boiling-point and store in cans in the usual manner. After the juice has drained from the fruit, add water to the fruit, enough to cover, and let cook ten or fifteen minutes; drain and can this "second extraction" by itself. Used for jelly, only half a cup of sugar will be required for each cup of juice.

Apple Juice

Quarter a quantity of apples, removing any imperfections that may be present, cover with water, then cover the receptacle and let cook until the apples are soft throughout; drain in a cloth, reheat to the boiling-point, and turn into sterilized jars, filling each to overflow. Put on new rubber rings and sterilized covers and tighten at once. Crab apple juice, quince juice, etc., may be canned in the same way.

Boiled Cider

Fresh, sweet cider made from cultivated fruit is the best for boiling. Set the cider over the fire in a large, broad, porcelain-lined dish and

let boil until it is reduced one half. Skim frequently while boiling. This may be sealed (corks covered with sealing wax) in bottles or stoneware jugs, or it may be canned in the usual manner, boiling hot, in sterilized fruit jars.

Boiled Cider Apple Sauce

Pare, quarter, and core enough apples to make four quarts; throw the quartered apples into cold water as each is prepared. When all are ready, drain, add two quarts of boiled cider, cover, and let boil until the apples are tender. The time is not long but varies with the variety of apples used. Do not uncover, as while covered the apples remain at the top of the dish, and burning is avoided. Store in cans as in all canning. Sweet cider may be used in place of boiled cider.

Boiled Cider Apple Sauce (Sweet Apples)

Prepare sweet apples as above. Cook in the cider until the pieces of apple are tender and look clear. It will take two or three hours to cook sweet apples tender. Let the saucepan stand on an asbestos mat while cooking. Store in cans in the usual manner.

Figs

There are two kinds of figs, commonly spoken of as purple and white figs. Of these the white are best for pickles and for glacé fruit, while the purple, which must be peeled, are best for jam and thick preserves. If the purple fruit be used for canning, it must be peeled, placed in jars, and the ordinary method of canning by sterilizing in the jars followed. The white figs should be cooked in the syrup until tender, then turned into the sterilized jars. The quantity of sugar used may be varied to suit one's taste. From half to three fourths a cup to a quart jar is usually quite sweet enough.

Barberry Sauce

Pare and slice three pears, nearly cover with boiling water, and let cook until tender; add one quart of molasses, one pound of brown sugar, and two quarts of barberries, and let boil fifteen minutes. Pumpkin may be used in place of the pears. Strain the sauce or not, as desired. Store in cans in the usual manner.

Chicken Broth

Cut a fowl in joints as for a fricassée, cover with boiling water, and let boil ten minutes,

then simmer until the chicken is tender. Have ready a pint or a quart jar sterilized in the usual manner, and pour into it broth, boiling hot, to fill it to overflow; adjust the rubber ring and sterilized cover and tighten at once. Often when cooking a four or five pound fowl, a can of broth may be set aside without detriment to the service of the fowl.

CANNING IN COLD WATER

Rhubarb

Select stalks of choice rhubarb that has been quickly grown. A barrel from which the heads have been taken, set over a bunch of well-enriched rhubarb, will occasion very tender stalks. Wash and wipe the stalks, but do not remove the skin. Cut the stalks to the height of the jar below the neck, fit in as many as the sterilized jar will conveniently take, then fill the jar to overflow with cold water; adjust a new rubber and the cover and set aside in a cool place.

Rhubarb No. 2

Set the sterilized jars just as they are filled with boiling water at one side to cool, then

empty out the water and fill to overflow with cold water from the faucet. Have ready stalks of rhubarb cut into pieces about an inch in length, drop these into the jars, shaking them down meanwhile until no more can be put into them, and leave space for at least half an inch of water above; add more cold water, adjust the rubber rings, and sterile covers, tighten the covers, and store in a cool, dry, dark place.

Gooseberries

Gooseberries may be canned in the same manner.

Lemons

Buy lemons in February or March when they are the lowest in price and can in cold water in the same manner as rhubarb.

CHAPTER III

GENERAL RULE AND RECIPES FOR PRESERVES, JAMS, MARMALADES, AND BUTTERS

POINTS TO REMEMBER WHEN MAKING PRESERVES

THE fruit should not be overripe, as the retention of the shape is of importance. Choice pieces of fruit of imperfect shape, especially peaches, pears, and quinces, are suitable for marmalades, jams, and butters in which the fruit is crushed during cooking.

To retain the shape of soft fruit (berries in particular) measure out the quantity of sugar to be used. Dispose the fruit and sugar, in alternate layers, in the cooking receptacle; let stand overnight, then cook.

Soft peaches and pears may be set to cook, a few at a time, in rich syrup. Usually from three fourths to a full pound for each pound of fruit.

As sugar tends to harden fruit, firm fruit like quinces, hard pears, and crab apples should be cooked in water until just tender, before it is added to the syrup. The same thing is true of citrus fruits made into marmalade.

The water in which the fruit is cooked — a few pieces at a time — may be used in making the syrup. Use just enough to melt the sugar. After the fruit is cooked in the syrup, reduce the syrup by cooking until thick, then pour over the fruit.

Canned fruits are more economical and wholesome than fruits put up with nearly an equal weight of sugar; and the fruits put up as "preserves," or with considerable sugar, should be limited to those for occasional rather than daily use. Quinces, sour cherries, plums, and strawberries are not as palatable canned as when made into preserves. Most other varieties of fruit should be canned.

Preserves may be stored as jelly, as canned fruit, or in an earthen jar.

If preserves become moldy, remove every particle of mold, then reheat the fruit and syrup to the boiling-point and again store in a sterilized receptacle. When cold, cover with two papers

in the same manner as jelly, or seal hot in glass cans as in canning.

General Rule for Making Preserves

Weigh the prepared fruit and take an equal weight of sugar. If the fruit be soft, put a layer in a saucepan and sprinkle on sugar; add another layer of fruit and another layer of sugar. Let heat gradually to the boiling-point, boil about ten minutes, skim, and store in small glasses. If the fruits be firm, boil in barely enough water to cover until tender; skim out the fruit, add the sugar to the liquid, boil ten minutes, skim, add the fruit, and let cook from ten minutes to half an hour. If a thicker syrup be desired, cook twenty minutes before adding the fruit, or cook longer, after removing the fruit to the jars.

In the making of jams, marmalades, and butters, in which crushed fruit-pulp is cooked with its weight or nearly its weight in sugar, or other sweet such as honey, the best results, in general, are obtained when the addition of the sugar is delayed until the greater part of the water has been evaporated in cooking.

In the making of marmalade from citrus fruits, long cooking is essential to reduce the

rind to tenderness. If sugar be added before the rind is exceedingly tender, no amount of cooking will render it soft and edible.

Preserved Peaches

Cut the peaches in halves, then pare neatly. Weigh the fruit, take as much sugar as fruit, or take three fourths as much, by weight. Take one fourth of the sugar and twice the measure of boiling water, let boil five minutes, draw to one side and let settle, then skim; in this syrup cook the prepared peaches, a few at a time, until all are cooked. Remove each piece with a skimmer to a plate as soon as it is tender. When all are cooked, add the rest of the sugar to the syrup, let boil two or three minutes, and settle; skim, and if quite thick, use at once to reheat the peaches. If the syrup is too thin, let boil rapidly until thick, then in it reheat the peaches and store in glass jars. Sour cherries, plums, and soft pears may be cooked in the same way.

Peach and Cherry Preserves

Use the recipe for "preserved peaches" Cook large, sour, red cherries (do not stone

them) in the thin syrup after the peaches are cooked, let drain, and reheat with the peaches in the reduced syrup. Store in the same jars as the peaches.

Orange Preserves with Honey

Cut the oranges in crosswise slices about three eighths of an inch in thickness, discarding the seeds. Cover the slices with cold water and let stand over night. Cook until tender. Add half the weight of the cooked orange and liquid in honey and half the weight in sugar, and let cook until the liquid is well reduced. Honey may be used in whole or part in the making of any preserves.

Watermelon Rind Preserves

Prepare in the same manner as citron melon preserves, but use only the green rind of the melon, — discarding the seed portion. In making citron melon preserve, use the whole melon save the thin, green, outer rind and the seeds.

Citron Melon Preserves

Cut the melons in quarters and the quarters into smaller pieces and remove the rind; then

cut the pieces into such shapes as desired. Cubes or squares about an inch and a half in length are suitable. Cover the pieces of melon with cold water to which a little table salt has been added (a tablespoonful to a quart) and let stand over night. The next day drain and rinse repeatedly in cold water, then set to cook in boiling water. When tender and transparent, yet whole, set to drain in a colander. Allow three quarters of a pound of sugar, half an ounce of ginger root or stems, and one lemon for each pound of prepared melon; slice the lemons and discard the seeds; slice the ginger root or stems; set to cook separately in boiling water and let boil until tender. Make a syrup of the sugar and the water drained from the lemons and ginger, skim, then add the melon and let cook until the pieces of melon look plump and full of syrup; skim the melon into jars and return the syrup draining from the melon to the rest of the syrup; add the pieces of lemon and ginger and let cook until thick, then use to fill the jars. Glass cans, earthen jars or empty ginger jars may be used for storing this preserve. Casaba melon may be put up in the same manner.

Oriental Preserve (Bertha Ely)

2 pounds sugar
1 quart water
10 pounds green tomatoes (small)
1 dozen lemons
1 large jar preserved ginger

Cut the lemons in exceedingly thin slices, add the water, and let stand over night; cook until the lemon rind begins to be tender, then add the sugar, the tomatoes cut in thin slices, and the ginger cut in small pieces. Add also the syrup from the ginger jar. Let simmer until the tomatoes are shrivelled. Seal in glass jars, allowing plenty of syrup to each jar. Let stand three weeks before using.

Plum Preserves

Prick the plums with a coarse needle. Allow a pound of sugar to each pound of fruit and a cup of water to each pound of sugar. Melt the sugar in the water, let boil, and skim; then add the plums, a few at a time, and let boil very gently about twenty mintues. Remove the fruit to jars with a skimmer and let the syrup boil. Strain enough juice from the plums in the cans back into the saucepan, to have the jar filled to three fourths its height with plums.

Boil the syrup until quite thick, then use to fill the jars.

Cherry Preserves

Use sour cherries. Prepare as plum preserves, but cook about five minutes less.

Strawberry Preserves, Quickly Made

Dissolve two pounds (four cups) of sugar in one pint of boiling water; let boil and skim. Add a generous quart of choice berries and let boil very gently ten minutes after boiling is established. Skim the berries to plates, return all juice drained from them to the syrup and let boil about twenty minutes, add the strawberries, let boil throughout, then store. For a richer preserve, crush the less choice berries with a pestle, then strain in a bag, pressing out the juice. Use this juice in place of water in making the syrup.

Quince and Sweet Apple Preserves

Pare the quinces, cut in quarters, and remove the cores and woody portion beneath. Cook the skins with water to cover until soft, then strain off this water, and in it cook the quinces and half as many sweet apples, also pared and

cored, until each is tender and can be pierced with a straw. Let the fruit stand in cold water after preparation until time of cooking. Cook only as much fruit at a time as can be covered by the liquid. Remove with a skimmer when tender. When all the fruit has been cooked, add to the liquid a pound of sugar for each pound of quince and half a pound of sugar for each pound of apple; boil five minutes, skim, add the fruit, and let cook slowly until of the desired color; long cooking gives a dark-tinted preserve. Drain on a platter, and when all are cooked and drained, store in jars; let the syrup cook till thick, then strain the hot syrup over the fruit. Use only the liquid from the skins that drains through the cloth. It is best to discard the cores, as they contain gummy properties detrimental to the jelly. The sweet apples may be omitted.

Brandied Peaches

Select choice peaches and leave them whole. Brush the skins carefully to remove the down, or dip first in boiling water and then in cold, and slip off the skins. Full directions are given under preparation of fruit for preserves, etc.

Make a syrup by boiling three fourths a pound of sugar for each pound of fruit, with a cup of water to each pound of sugar. Skim the syrup, then in it cook the peaches, a few at a time, until tender. When cold, put the peaches into jars, mix a cup of brandy with each cup of cold syrup, and use at once to fill the jars. Close the jars as in canning fruit. California brandy is often used for brandied peaches. If the syrup be thin, drain from the fruit and reduce by boiling, then chill and add the brandy.

Plain Preserved Peaches

Prepare as Brandied Peaches, omitting the brandy. Light brown sugar is often used for a change in flavor. Crack a few peach stones and add the meats to the peaches in the jars.

Gooseberries, Preserved Whole

Make a syrup of two pounds (four cups) of sugar and two cups of water, washing down as in making fondant. Prick each gooseberry in three or four places (after removing the stem and ends of calyx) and add two pounds of the berries to the syrup; let heat to 160° F. (212°

is boiling point). Remove from the fire and let stand over night. Repeat this heating to 160° twice. The fourth day reheat to just below the boiling point and then let stand over night again. Fill the jars with the cold fruit and syrup; set the jars in a steam cooker and let the water around them heat gradually to the boiling point; should the berries show signs of bursting, remove at once and seal; otherwise do not seal until the water boils.

Sunshine Strawberries

Put into the preserving kettle, in layers, as many pounds of sugar as of hulled, washed, and drained strawberries. When the juice is drawn out a little, set over the fire to cook twenty minutes after boiling commences. Turn the berries into agate pans or earthen plates, cover with panes of glass and set in the sun. Let stand two days, stirring two or three times each day. Store without reheating in jars or glasses. The time of cooking may be cut down to ten minutes, if the fruit be left in the sun a day or two longer. Seal the glasses with paper caps as for jelly.

Yellow Tomatoes or Cape Gooseberry and Pineapple Preserve

1 quart "Cape Gooseberries," brushed
1 quart pineapple picked from core with silver fork
3 pounds sugar
2 lemons

Cook the pineapple in barely enough water to cover until tender; add part of the sugar, the little tomatoes, and sprinkle over the rest of the sugar and the grated rind and juice of the lemons. Let cook slowly until a thick syrup is formed; store in glasses as canned fruit.

Cherry and Pineapple Preserve

5 quarts stoned Morello cherries
1 pineapple, shredded fine, or
2 cans shredded pineapple
1 pound sugar to each pound of fruit

Cook the cherries and pineapple separately till tender, then combine, add the sugar, and cook about twenty minutes.

Strawberry and Pineapple Preserve

3 quarts strawberries
1 pint pineapple, shredded
2 cups water
5 pounds sugar

Cook the pineapple in the water about twenty minutes; add the sugar, and when boiling, the strawberries. Cook twenty minutes.

Strawberry and Green Gooseberry Preserves

3 quarts strawberries
1 quart green gooseberries
1 cup water
6 pounds sugar

Cook the gooseberries in the water slowly five or six minutes; add the sugar, and when it is dissolved, the strawberries, and let cook ten to twenty minutes.

Cumquat Preserves

Wash a quart box of fruit, make a small slit in the ends of each cumquat, and let soak in cold water over night. This slit lets the water through and softens the otherwise tough skin. In the morning pour off the water. Cover with fresh, cold water and bring to boiling point, then let cook until the skins are tender. Set aside over night. Next day take the weight of the cumquats and liquid in sugar. Heat the liquid and fruit to the boiling point; add the sugar gradually, that the boiling may not cease and let boil rapidly until the syrup is clear and thickened somewhat. Store as canned fruit or as jelly.

Cumquat Preserves No. 2

Cut the cumquats (without peeling) into halves or quarters and take out the seeds. Weigh the pieces of cumquat. Take one pound or three fourths a pound (according to richness desired) of sugar for each pound of fruit, also half the weight of the fruit in water. Let the fruit simmer in the water until it is perfectly tender but not in the least broken. Skim out the fruit. To the liquid, which has lost in volume by evaporation, add water, that the whole may equal half the weight of the sugar; add also the juice of a lemon for each pound of fruit. When the sugar has melted, let the whole boil five or six minutes, then skim, add the cumquats, and let simmer until transparent. Should the syrup be too thin, reduce it by boiling. The syrup should be of the same consistency as that in jars of preserved ginger. This may be stored in empty ginger jars.

Pumpkin Preserves

Select a small variety of pumpkin known as "sweet pumpkin." Remove the rind and seeds and cut the flesh in inch cubes. Steam

or cook in water until tender but not broken; drain carefully; weigh, and for each pound of pumpkin take a pound of sugar, two lemons, and two ounces of green ginger root. Cut the lemon through flesh and rind into very thin slices, crush the ginger root. Let the lemon and ginger stand in cold water over night, then let them cook until the lemon rind is very tender. To the water with lemon, etc., add the sugar and more water if needed, and let boil five or six minutes; add the pumpkin and let simmer until the pieces of pumpkin look transparent; skim the pumpkin to jars, return the thin syrup from the jars to the saucepan, reduce the syrup, and pour over the fruit in the jars.

Golden Chips (Pumpkin)

Cut a small, sweet pumpkin in halves, and the halves into narrow strips. Remove peel and seeds, then cut the strips into thin slices, not more than half an inch thick. Weigh the prepared pumpkin, and take an equal weight of sugar, also half a cup of lemon juice, to each two pounds of sugar. Put the pumpkin and sugar into a preserving kettle in alternate layers. Pour the lemon juice over the whole, cover,

CUMQUATS, AND EMPTY GINGER JAR FOR STORING PRESERVES. — *Page 69.*

SUNSHINE STRAWBERRY PRESERVE COOKING UNDER GLASS IN THE SUN. — *Page 66.*

FRUIT FOR AMBER MARMALADE, THE FINISHED PRODUCT, AND MATERIALS FOR COVERING. — *Page 82.*

and let stand twenty-four hours. Have ready the lemon peel, neatly shredded, and an ounce of ginger root for each pound of fruit. Add these to the kettle with a cup of water for each three pounds of sugar. Cook until the pumpkin is tender, then pour into an earthen jar. In a few days pour the syrup from the pumpkin. Boil to reduce and thicken it, and pour, hot, over the pumpkin.

Tomato Figs

Yellow, pear-shaped tomatoes are the best for this sweetmeat, but any small tomatoes will answer. Dip them, in a wire basket, into boiling water, let stand a minute, then take them from the water and remove the skins. To five pounds of tomatoes, allow two pounds of brown sugar. Sprinkle some of the sugar in a broad agate dish, dispose a layer of the tomatoes above the sugar, then a layer of sugar and another layer of tomatoes; let the sugar melt over a slack fire, then let cook slowly until the sugar penetrates the tomatoes, and they have a clear appearance. Remove to a platter and let dry in the sun; sprinkle with the syrup occasionally while drying.

Bar-le-duc Currants, Gooseberries, etc.

Take selected gooseberries or currants of large size, one by one, and with tiny embroidery scissors carefully cut the skin on one side, making a slit of perhaps one fourth an inch. Through this, with a sharp needle, remove the seeds, one at a time, to preserve the shape of the fruit. Take the weight of the fruit in strained honey, and, when hot, add the prepared fruit. Let simmer three or four minutes. Carefully skim out the fruit. Reduce the syrup at a gentle simmer to the desired consistency. Pour over the fruit. Then store as jelly.

Green Tomato Preserve

Take ten pounds of green tomatoes sliced thin, six lemons sliced, picking out all the seeds. Do not peel the lemons. Add one cup of water and a small box of preserved ginger and let boil one half hour. Add eight pounds of sugar; let all boil slowly on back of stove until syrup is thick, stirring often. A small handful of dry ginger root may be used in place of the preserved ginger. Let the dry ginger-root stand overnight in cold water, then slice and add to the tomatoes.

Fig Preserves

Take three fourths a pound of sugar and half a cup of water to each pound of figs. Make a syrup of the sugar and water, skim, add the figs, carefully washed and dried, and let simmer until the skin of the figs is tender, then store as any preserves. For a less sweet dish use a cup of sugar and a cup of water to enough figs to fill a quart jar; make the syrup and let cook as before, but store as canned fruit in sterile jars, filled to overflow and sealed with rubbers and sterile covers. Lemon or orange rind and juice or sherry wine, all in quantity according to taste, may be added.

Glacéd Crab Apples (Miss Reece)

Select a hard, red variety of crab apples. Use only perfect fruit. For a peck of apples take five pounds of granulated sugar. Wash and wipe the fruit, leaving on the stems if desired; put the fruit and sugar in stone jars or casseroles, in layers, adding cinnamon and cassia buds to taste. Cover the jars with a buttered paper. Bake in a slow oven two and one half hours. These may be stored as canned fruit, but will keep in earthen jars some time.

Preserved Limes (Doctor C. F. Langworthy)

Lay the limes in salt and water brine, strong enough to bear up an egg, cover closely, and let them remain in the brine until warm weather is over. Before preserving, cut into them sufficiently so that the seeds may be removed, and place in cold water for a day, changing the water often enough to remove all the salt. Boil in water (to which soda in the proportion of one teaspoonful to six quarts has been added) until so tender that a straw may be put through and then soak again in cold water for a day, changing the water often. To each pound of fruit allow two and a half pounds of white sugar and three pints of water. Boil the syrup for fifteen minutes and then add the fruit. Cook for five minutes and place the fruit in jars. After cooking the syrup for fifteen minutes more, pour over the fruit, filling the jars. Such preserved limes, it is said, will keep for years.

Pineapple Preserves

Pare the pineapples, and pick out the "eyes." Cut in slices and stamp out the hard center from each. The large end of a pastry tube

does this nicely. Cook the slices in boiling water until tender and drain off the water. For each pound of fruit, weighed after it is ready for cooking, take three fourths a pound of sugar and half a cup of water. Make a syrup of the sugar and water, together with the juice and yellow rind of a lemon, for each two pounds of fruit. When the syrup boils, skim and put in the slices of pineapple. Let cook slowly half an hour and then store in cans. The pineapple may be canned with half the quantity of sugar given above. Prepare the fruit in the same manner. Use the pineapple water in making the syrup.

Gingered Apples

For five pounds of prepared apple, allow five pounds of granulated sugar, five ounces of ginger root, three lemons, and a pint of water. Bruise the ginger root, and put it over the fire with the water. Let it simmer some hours, adding water, when needed, to get a strong decoction of ginger. Wipe the lemons carefully, then grate off the thin yellow rind, and extract the juice. Add these to the pint of ginger water. Remove the pieces of ginger from

the water, or tie them in a muslin cloth, and let them remain till the confection is finished. Add the sugar and the apple. Select tart apples, pare and core, then chop them rather coarse. Boil the whole until the bits of apple look clear. Then store in jars.

Barberry and Sweet Apple Preserve

Simmer a quart of barberries in two quarts of water about an hour; then drain in a bag. Use this water in cooking ten pounds of sweet apples, pared, quartered, and cored. Remove the apples from the liquid as they become tender and add more water as needed. When all are cooked, add about five pounds of sugar to the water in which the fruit was cooked, let boil, and then skim, put in the apples, and cook until they look clear. Store as canned fruit.

Persimmon Preserves

Take cultivated persimmons which are ripe, yet firm. Allow an equal weight of sugar. The fruit must lie in water for twelve hours. Stew the fruit in water to cover until tender; drain and spread out to become cool and firm. Add a cup of cold water to every pound of sugar.

Boil and skim until clear, then cook the fruit in it about ten minutes. Spread on dishes in the sun. To the syrup put the juice and peel of two lemons for four quarts. Boil until thick. Return the fruit for twenty minutes. Store in cans.

Tomato Preserve

Select small, half-ripe or green tomatoes. The small yellow, pear-shaped tomatoes are often selected for this purpose. Remove the stems carefully but do not cut or injure the fruit. Weigh the tomatoes and take three fourths a pound of sugar to each pound of tomatoes. Allow a lemon for each two pounds of tomatoes. Cut the lemons in very thin slices and let cook in water until the skin is very tender. Strain off the water; use this water and as much more boiling water as is needed to make a cup of liquid to each pound of sugar. Let cook to a thin syrup; add the tomatoes and slices of lemon and let cook until the tomatoes are heated through. Skim the tomatoes and lemon; put in jars; let the syrup boil till well-reduced, then pour over the tomatoes. Ginger root may be cooked with the lemon slices.

Vanilla Chestnut Preserve

Use large French or Italian chestnuts. Put these up early in the fall before the nuts harden. Cut a half-inch slit in one side of the chestnut shells; let cook in boiling water two minutes, drain, and dry. To each pint of nuts add a teaspoonful of butter or oil and stir and shake in the oven three or four minutes; then, inserting the point of a knife in the slit made in the shell before cooking, remove shell and skin together. Keep the nuts covered while shelling is in process, — to accelerate the work. Let the chestnuts simmer in boiling water until tender. If cooked rapidly, they will be broken. Take the weight of the chestnuts in sugar and dissolve in half the measure of water; add a few drops of lemon juice to break the grain of the syrup. Let the chestnuts simmer in the syrup till they look as if the syrup had penetrated through them; add a teaspoonful of vanilla extract for each pint of syrup; store in fruit jars.

French Chestnuts Brandied

Prepare the chestnuts by the recipe for vanilla chestnut preserves, except, instead of

filling the jar with syrup, leave room for about one half a cup of French brandy.

Vanilla Chestnuts Glacé

Remove the chestnuts from the syrup, wipe each with a cloth, and let dry an hour or more. Drop each nut gently into syrup cooked for the purpose, then lift with a candy fork and drop on to a tin or aluminum sheet.

Sugar Syrup for Nuts and Fruit Glacé

2 cups granulated sugar 1 cup water
1 tablespoonful glucose

Stir until the sugar is dissolved, then wash down the sides of the saucepan, cover and let boil three minutes; then remove the cover and let boil to 295° F. on the sugar thermometer. Set the saucepan into a dish of boiling water and use at once. White grapes are one of the most successful articles to use glacé. Use only perfect grapes and retain a bit of each stem. Fruit from which the juice will flow can not be used for this purpose. Grapes Glacé should be eaten the day on which they are prepared; nuts may be kept.

Peach Marmalade

Pare and stone the peaches, cutting the pulp in small pieces. Add a few of the kernels from the stones and let cook until soft; add an equal weight of sugar and stir occasionally while cooking, about fifteen minutes. Marmalade is often made of imperfect shapes of halved fruit, left over when putting up canned or preserved peaches.

Quince Marmalade No. 1

Use pieces of quince not perfect enough in shape to put up as preserves. Cut the fruit in small pieces. Weigh or measure and take the same quantity of sugar. Set the fruit over the fire with just enough boiling water to cover and boil until tender; skim from the liquid. Add the sugar to the liquid, skim when boiling, then drop in the pieces of cooked quince and let boil about fifteen minutes, or until the syrup is jelly-like when tested on a cold saucer. Store in glasses.

Quince Marmalade No. 2

Cook the skins of the quinces in boiling water nearly an hour, drain, and pour over the

quinces prepared for marmalade, let cook until the quinces are very tender, then press through a porcelain colander or a fine sieve if preferred. Measure and allow three fourths a cup of sugar to each cup of juice. Let the quince cook twenty minutes, stirring often, then add the sugar made hot in the oven and let cook till thick, stirring constantly.

Orange Marmalade without Peel

Pull the peeling (colored and white) from six oranges and three lemons; cut the fruit in thin slices, discarding the seeds; chop the peel rather coarse. Tie the peel loosely in a piece of new cheesecloth. Weigh the peel and pulp. Take three pints of cold water for each pound of material. Let the prepared orange and lemon stand over night in the cold water, then cook until the peel is tender. Let cool over night. Take out the peel and gently press all the liquid from it. Measure and take a cup of sugar for each cup of material. Heat the orange to the boiling point, add the sugar, and let boil till the liquid drops in beads from the spoon. Store in glasses. The liquid pressed from the peel is added to the pulp and water.

Orange Marmalade

Take any number of oranges, the small Messina oranges selling in the spring at eighteen for twenty-five cents are particularly good for marmalade. Allow one lemon to each four or five oranges. Wipe each fruit with a damp cloth, cut each in quarters, then cut each quarter through pulp and rind into very thin slices, discarding all seeds. Set the fruit on a board for slicing. Take three pints of cold water for each pound of prepared fruit. Let the fruit stand in the water twenty-four hours. Cook till the peel is very tender (about six hours). Let stand again twenty-four hours. Weigh and add one pound of sugar for each pound of material, let cook until the syrup jellies on a cold dish, or to 218° F.

Amber Marmalade

1 grapefruit
1 orange
1 lemon
7 pints cold water
5 pounds (ten cups) sugar

Prepare the fruit and proceed in every particular as given above for orange marmalade. The ingredients yield about ten tumblers of marmalade.

Grapefruit Marmalade

Use the recipe for orange marmalade, substituting grapefruit for oranges. Use one lemon for each two grapefruit.

Bitter Orange Marmalade

Soak the orange seeds over night in cold water to cover, let cook about an hour, drain off all the water, and add it to the prepared fruit before cooking.

Orange and Pineapple Marmalade

1 pineapple
4 oranges
1 lemon
3 pints of water to each pint of fruit
1 pint of sugar to each pint of cooked material

Remove the outside of the pineapple; the "eyes" may be removed easily with a strawberry huller; with the same utensil or a silver fork, pick the flesh in shreds from the core; cut the oranges and lemon in quarters and each quarter in slices as thin as possible. Measure the fruit; add the water, cover, and set aside until the next day; let boil until the rind of the fruit is exceedingly tender; it will take three or more hours; set aside until the next

day; measure, add the sugar, and let boil rapidly until the syrup thickens when tested on a cold dish. This marmalade requires a little longer cooking than marmalade made entirely of citrus fruits.

Grapefruit Marmalade

Use one lemon for each two grapefruit; shred the fruit very fine. Weigh the fruit and pour over it three pints of cold water for each pint (or pound) of fruit. In the morning let cook until *very tender*, then set aside until the next day. Weigh the material and set as many pounds of sugar as of fruit into the oven to heat. Heat the fruit to the boiling point, add the hot sugar and let boil until the syrup thickens on cooling.

Pineapple, Rhubarb, and Orange Conserve
(J. D. Chandler)

3 pints rhubarb, cut fine
3 pints pineapple, cut fine
2 oranges
2½ quarts sugar

Sprinkle the sugar in layers over the rhubarb, pineapple, and the pulp of the oranges cut fine, and let stand over night. Chop the rind of

the oranges very fine, cover with cold water and let stand over night; then cook in the water until very tender and the water has evaporated considerably. Add the rind to the fruit and sugar and let cook until thick. It will take forty minutes or longer. The recipe makes about ten glasses.

Rhubarb and Orange Marmalade

Take six oranges, two lemons, and two pounds of rhubarb. Wash and wipe the oranges and lemons, cut each in lengthwise quarters, and the quarters in exceedingly thin slices, discarding the seeds. Weigh the prepared fruit and to each pound add three pints of cold water. Set aside for twenty-four hours. Let simmer until the rind is very tender, — it will take five or six hours, — then set aside until the next day. If the rhubarb be young and tender, the skin may be retained, — otherwise remove it. Cut the stalks in half-inch pieces, add to the prepared orange and lemon, and get the weight of the whole mixture. Let cook until it thickens slightly on a cold dish, then store in glasses as jelly is stored. The marmalade will stiffen, on cooling, and care must be taken that it be not overcooked.

Rhubarb Marmalade

1 quart bright red rhubarb stalks
1½ pounds sugar
Yellow rind and pulp six oranges

Boil the ingredients together very slowly until well reduced. The rind of the orange may be grated or cut into shavings and boiled tender before it is added to the other ingredients.

Mock Orange Marmalade

Scrape raw carrots, then grate enough to weigh two pounds, and squeeze over the carrot the juice of three lemons; set to cook in a double boiler over boiling water; let cook an hour or until the carrot is tender, then add the grated rind and juice of two oranges and two pounds (four cups) of sugar and let cook to a marmalade. This marmalade is particularly palatable, but does not have the jelly-like consistency of marmalade made of oranges and grapefruit. This marmalade may be used in making steamed carrot pudding, which is like an English plum pudding, the grated carrot being used in place of bread crumbs. Use marmalade to equal the combined weight of the carrots and sugar specified in the recipe. Use no sugar.

Rhubarb Marmalade

6 pounds rhubarb cut in cubes (not peeled)
5 pounds sugar
1 pound figs, cut fine
1 pound candied orange peel, cut fine

Put in a saucepan in layers, let stand over night, cook slowly until thick.

Tomato Marmalade

4 quarts ripe tomatoes
6 lemons
1 cup raisins, seeded
4 pounds granulated sugar

Peel the tomatoes and cut the pulp in thin slices. Cut the lemons in halves, lengthwise, then slice exceedingly thin. Put all the fruit into a saucepan in layers, alternating with the sugar. Let cook one hour on the front of the stove, then move back and let simmer until the mixture is of the consistency of marmalade. Store while hot as jelly. The recipe gives about 2½ quarts of marmalade.

Rhubarb Jam (Mrs. Jordan)

5 pounds rhubarb cut in small pieces
6 pounds sugar
2 pounds chopped figs
2 lemons

Two lemons chopped fine, soaked in water to cover over night, then cooked tender. Dispose

the rhubarb and sugar in layers in a saucepan and let stand over night. In the morning add the figs and lemons and let cook until thick (about half an hour).

Raisin and Cranberry Jam

1 cup large raisins, seeded
1 quart cold water
1 quart cranberries
2½ cups sugar

Cook the raisins in the water until the water is reduced one half, add the cranberries and sugar, and let simmer until thick.

Gooseberry Jam

4 pounds gooseberries
3 pounds sugar
1 pint red currant juice

Melt the sugar in the currant juice, let boil five minutes after boiling actually begins; add the berries and let boil about forty minutes, skimming as needed. Set aside until next day. Skim the berries into jars, boil the syrup until thick (ten to fifteen minutes), and pour over them.

Grape Jam

Wash the grapes picked from the stems, press with thumb and forefinger on the grapes, one

Canned Apple Juice, Sugar, and Mint, for Apple Mint Jelly. — *Page 113.*

Materials for Orange and Pineapple Marmalade. — *Page 83.*

by one, to separate the pulp from the skin. Heat the pulp over the fire until it softens and changes color a little, then with a pestle rub the pulp through a purée strainer, leaving the seeds in the strainer. To the pulp, add the skins and sugar to equal the weight of the skins and pulp. Mix thoroughly and let cook about fifteen minutes. Store as jelly or as canned fruit.

Raspberry, Strawberry, or Blackberry Jam

Prepare the fruit; allow three fourths a pound of sugar to a pound of fruit; crush the fruit, put it over the fire, and let boil twenty minutes; add part of the sugar, and when again boiling, still more of the sugar; continue until all the sugar is used, then boil till, when tested on a cold saucer, the mixture does not separate or grow watery. By heating the sugar in the oven all may be added at once.

Raspberry or Blackberry Jam Without Seeds

Prepare the fruit; mash with a wooden pestle, set over a slack fire (or boiling water) and let become very hot, then press through an exceedingly fine sieve. Add about a cup of boiling water to the portion that does not pass the

sieve and heat over the fire, then press as much more pulp as possible through the sieve; weigh the juice and pulp; add an equal weight of sugar and let boil until thick, stirring often. This may be made with less sugar. Apple juice may be used in place of the water added to the seeds to aid in freeing the pulp from the seeds. This pulp may be canned without sugar for use in sherbets, ice-cream, and Melba sauce. Simply heat it to the boiling point and store in sterile jars. Fill the jars to overflow and close at once with sterile covers.

Rhubarb Jam (Scotland)

Select the red stalks of rhubarb, as it makes the richest colored preserve. Take off the strings of skin, but keep as much of the red underneath as possible. Cut the stalks into half-inch slices, cover with an equal weight of sugar, and let stand over night. For each three or four pounds of fruit, add the grated rind and juice of one lemon. Let boil half an hour after it comes to the boiling point, then let simmer very gently another half an hour. An ounce of blanched, sweet almonds, sliced thin, may be added.

Peach Marmalade

If you have a quantity of less choice halves of peaches use these for marmalade. Cut them up, and, if ripe enough, press through a potato ricer or mash fine with a silver spoon. Add an equal amount of sugar to the pulp, the juice of one lemon, and a dozen peach kernels. Cook very slowly half an hour, stirring frequently to prevent burning.

Fig Jam

Six pounds of purple figs, peeled and cut in half; two pounds of sugar. Cook until thick and seal hot.

Blackberry Jam

Use three fourths a pound of sugar to a pound of fruit; cook the fruit a little, mashing it meanwhile; add the sugar and set aside over night. Cook the next day until thick.

Strawberry Jam

For each pound of berries take three fourths a pound of sugar. Put the berries, carefully hulled, washed, and drained, over the fire.

Let heat slowly till they are softened throughout. If eight quarts or more are to be made, pour off a pint of juice and can for some other use. Break up the berries with a slitted wooden spoon, then add the sugar and let cook until thick. Store either as canned fruit or as jelly.

Apple Jam

Select apples of tart flavor; pare, quarter, and core the fruit; weigh the prepared apples and allow three fourths a pound of sugar to each pound of fruit. Add water to the parings and cores, cover and let boil about half an hour, then drain the liquid over the apples; let cook until the apples are soft, then strain through a fine-meshed sieve; add the sugar and let cook until thick and clear. The juice and grated rind of two or three lemons or oranges, or the addition of two or three quinces, to a half-peck of apples, may be used to give changes in flavor, and, in the case of the quinces, texture. If scales for weighing be not at hand, measure the cooked pulp and allow three fourths a cup of sugar to a cup of pulp.

Apple, Peach, Pear, and Quince Jam

Pare the fruit and cut it in bits, use three fourths to a full pound of sugar to a pound of fruit.

Peach Jam with Pineapple

Allow three fourths a pound of sugar to each pound of fruit. Peel the peaches and cut the pulp in small pieces; remove peel and "eyes" from the pineapples, then pick in fine pieces or grate coarse. The proportions of fruit are largely a matter of taste, but there should be at least as much peach as pineapple. The lemon is used to accentuate the flavor of the other fruits; thus the juice of a lemon to each pound of fruit would be sufficient. If the additional flavor of lemon be desired, add the grated yellow rind of the lemons — none of the white portion. Put the fruit and sugar into the saucepan in alternate layers. Heat gradually to the boiling point, then let simmer four or five hours, or until smooth and thick. Do not cook too long, as the juice will thicken more on cooling.

Orange and Currant Jam

7 pounds currants	6 pounds sugar
2 pounds raisins	2 oranges

Seed the raisins, cutting each in halves. Cook half an hour; chop the peel of the orange fine, squeeze the juice over the currants, cook the currants fifteen minutes, then add the sugar and rind and let cook until quite thick. Cooking the orange rind tender before adding it to the currants improves the jam.

Spiced Currants

For each pound of currants allow a pound of sugar. Make a syrup, using for each four pounds of sugar, one pint of vinegar, two teaspoonfuls cinnamon, one scant teaspoonful cloves, one half teaspoonful mace or nutmeg, and one fourth teaspoonful salt. When the syrup boils, add the currants and let cook about ten minutes; skim out the currants and let the syrup boil till quite thick, then add the currants and store as jelly. Black currants are good spiced. Gooseberries may also be prepared by this recipe.

Black Currant Preserves

For each pound of stemmed currants take one cup of red currant juice and one pound of sugar. Heat all together to the boiling point and skim as needed. Do not stir the fruit but shake the pan occasionally. Let boil from ten to fifteen minutes.

Raspberry Jam with Currant Juice

Use equal weights of raspberries and sugar and half the weight of the raspberries in currant juice. Let fruit and juice boil together fifteen to twenty minutes; then add the hot sugar and let boil until the mixture is thick, skimming as needed.

Rose-leaf Jam (a Grecian Recipe, Adelaide Keen)

Gather the petals of fresh red roses, being sure that they are free from insects. Add an equal quantity of sugar and water enough to dissolve the sugar; set the whole in the sun under glass until the sugar is well melted. Then cook for twenty minutes, stirring well. Pour into jars and cork tight. The Grecian custom is to serve this jam with coffee to guests who call in the afternoon.

Pear Chips

Pare firm pears, then slice thin in bits. To each pound of the prepared pears allow three fourths a pound of sugar, half an ounce of green ginger root, scraped or grated, and half a large lemon. Sprinkle the sugar over the pears in layers, squeezing over the lemon juice. The grated rind of the lemon may be added, if desired. Let stand over night, then heat slowly to the boiling point. Cook until clear and thick like marmalade. If preferred, the ginger root may be crushed and cooked with the fruit, in a little bag, which can be removed before the fruit is stored in the glasses.

Raisiné

Take equal weights of pears and grapes. Wash and stem the grapes, then let simmer till soft, in just enough water to keep them from burning; press through a sieve; add the pears, pared, cored, and cut in thin slices; let simmer, stirring often until the pear is tender, then add three fourths a cup of sugar for each cup of material. Cook and store as for marmalade. Press the grapes through the sieve with a pestle.

Old-Fashioned Apple Butter

Boil ten gallons of sweet (apple) cider until reduced one half, then add, a few at a time, three pecks of pared, quartered, and cored cooking apples. Stir constantly with a wooden utensil made for the purpose, and let cook four or five hours. Add ten pounds of sugar and five ounces of ground cinnamon, and let cook again till quite thick, or until the mixture is like marmalade. The wooden utensil used in stirring breaks up the apple.

Apple Butter

Pare, quarter, and core one peck of sour apples and about two quarts of sweet apples. Add cider to the apples, cover and let cook, stirring occasionally, at first, and afterwards constantly with a utensil designed for the purpose. Cook and stir until the apples are reduced to a consistency like that of marmalade. When the cooking is nearly completed, add sugar to equal half the weight of the apples before cooking, also cinnamon or such spice as desired. Water or boiled cider may take the place of the fresh cider.

Apple Butter No. 2

Prepare and cook apples as for sauce, then press through a sieve. Return to the fire and add as much apple jelly as desired and cinnamon bark for spice; let cook until thick; remove the cinnamon and store as jelly or in cans. Honey may replace the sugar.

Tomato Butter

Take ten pounds of ripe tomatoes, skinned; four pounds of granulated sugar, three pounds of apples, about one quart of vinegar, half an ounce of stick cinnamon, half an ounce of ginger, one fourth ounce of mace, one fourth ounce of whole cloves. Tie the spices in a bag, put all the ingredients together, and boil three hours, stirring frequently. Less vinegar may be used.

Plum Butter with Honey

Add a little boiling water, — just enough to avoid burning, — to plums; let cook slowly till softened and press through a colander. For two quarts of purée take one quart of honey (or half honey and half sugar). Heat the purée to the boiling point, add the honey, and let cook until thick.

Quince Honey

Pare half a dozen quinces and drop them into cold water; cover the skins with boiling water and let cook rapidly half an hour, then drain. Grate the quinces, adding the pulp as grated to the quince liquid drained from the skins. When all are grated, measure or weigh the pulp and liquid, and add the weight or measure of the material in sugar; let boil rapidly twenty minutes, then store as jelly. Or boil the quince and water mixture twenty minutes, add the sugar (hot), and cook about five minutes.

Tomato Honey

To each pound of ripe tomatoes allow the grated rind of a lemon. Cut the tomatoes in small pieces, add the rind, and let cook rapidly till the water is evaporated, then strain through a fine sieve. Measure the pulp and for each pint take a pound of sugar (two cups) and the juice of a lemon. Let all cook together very quickly until quite thick, stirring occasionally with a wooden spoon. Apples or pears may be prepared by this recipe.

Gooseberry and Pineapple Jam

4 quarts gooseberries
1 large pineapple
1½ cups sugar to each 2 cups fruit

Remove the stems and calyx ends of the gooseberries; pare the pineapple and remove the eyes, then chop or grate the flesh. Put the sugar into the saucepan with just enough water to melt it, — between one and two cups; as soon as it boils, add the fruit and let cook until thick, stirring often. Or cook the pineapple in the water about fifteen minutes, then add the gooseberries and sugar, and cook until thick. Strawberries may replace the gooseberries, but no water should be used.

Carrot Conserve

Cut scraped carrots into small cubes; cook until very tender and the water is nearly evaporated. To each quart of carrot cubes allow two and one fourth cups of sugar and the grated rind and juice of a large lemon. Dissolve the sugar in the lemon juice and small quantity of water remaining in the carrots, then add the carrots and let cook until the syrup thickens. Store as canned fruit or jelly.

Grape Conserve

8 pounds grapes
2 oranges, sliced
1½ pounds raisins, seeded
4 pounds sugar

Wash the grapes and press the pulp from the skins. Cut the oranges in quarters and slice very thin through skin and pulp. Cook the pulp of the grapes in a double boiler until softened, then press through a sieve to remove the seeds. To the pulp add the skins and the orange and let cook until the skins are tender; add sugar and raisins and let cook until like marmalade.

Plum Conserve

6 pounds plums
2 oranges, sliced
1½ pounds large table raisins, seeded
½ pound pecan or walnut meats, broken
3 pounds sugar

Cook the plums without water till soft and press the pulp through a sieve. Prepare the oranges as for marmalade, let stand in water to cover over night, cook until tender, add with the raisins to the plums and sugar, let cook until the mixture is like marmalade. Add the nuts near the end of the cooking.

Ripe Tomato Conserve (Mrs. Benedict)

Remove the skin from six tomatoes, then cut the flesh in pieces. Weigh the tomato and take three fourths a pound of sugar to each pound tomatoes. Add the juice of two lemons and two oranges, a level teaspoonful of cinnamon and half a teaspoonful of cloves, and let cook until thick. When nearly done, add one cup of seeded raisins and one fourth a pound, each, of candied orange peel and candied ginger cut in narrow strips.

Pieplant Conserve

1 large pineapple, cut into small pieces, or rather diced
4 cups of pieplant, peeled and cut into small pieces
Juice of one lemon
2 oranges, rind of one grated, pulp cut into small pieces
¼ pound of almonds, blanched and run through meat grinder
8 cups of sugar

Let sugar and fruit stand over night to draw out juice; stir thoroughly and cook rapidly three quarters of an hour or until rather thick. It will have to be stirred often. The rapid cooking keeps it light in color. Put in nuts ten minutes before taking from fire.

Grape Sweetmeat

Eight pounds of grapes, four pounds of sugar, two oranges (use peel and pulp, sliced), one and one half pounds of raisins, stoned. Pulp grapes, cook until soft, strain out seeds, add skins and cook fifteen minutes. Add sugar, orange, and raisins. Boil until as thick as marmalade.

Rhubarb Conserve

- 3½ pounds rhubarb
- 3 pounds sugar
- Grated rind and juice 2 lemons
- ¼ pound blanched almonds
- ¼ pound candied orange peel

Chop the rhubarb fine, add the sugar, lemon juice, and rind, and set to cook. When the sugar is melted and the mixture is boiling throughout, add the almonds, — chopped fine, — and the peel shredded very fine, and let cook about thirty minutes. Store as jelly.

Rhubarb Conserve No. 2

- 3 pints rhubarb in bits
- 8 cups sugar
- ½ pound raisins, seeded
- ½ a cup water
- 2 oranges, grated, rind and juice
- 1 cup blanched almonds, sliced

Cook the ingredients save the nuts twenty minutes; add the nuts, and boil five minutes.

CHAPTER IV

JELLY MAKING AND RECIPES FOR JELLY

Fresh made jelly is better than jelly that has been kept for months. The fruit of which jelly is made is available at a season when one wishes to stay in the open air as many hours as possible. Then why not, as each fruit comes into season, simply make the juice ready for jelly and store it, boiling hot (without sugar), in glass jars (can it); then later in the season when jelly is desired, it may be made ready for the table in less than half an hour?

Stored in this way apple juice may be added to raspberry, strawberry, blackberry, cherry, or plum juice to make the more expensive juices go farther, and in some cases, as with strawberries and cherries, to improve the consistency of the jelly. The proportions of the juices combined might be varied to suit the circumstances. One third raspberry to two thirds apple juice gives a jelly of strong raspberry flavor.

It is thought by many that if fruit is stirred while cooking, it will not yield as clear a jelly as if it were left undisturbed at this time, but authorities differ on this point, and each jelly maker can decide this matter for herself.

Jelly made from dripped juice need not necessarily be clearer than that made from juice taken under pressure, especially if the latter be allowed to stand and settle before being made into jelly.

While it is unnecessary, a small measure of water, one cup to six quarts of fruit, may be added to grapes or berries as an aid in extracting the juice. Water enough barely to cover is a necessity when dealing with firm fruit like apples, crab apples, and quinces. It used to be thought that currants did not yield as perfect jelly if gathered just after a rain, yet clear, handsome jelly may be made of the second and third "extractions" from currants; that is, from currant pulp cooked in water.

But part of the fruit-juice drips through the bag; formerly the rest of the juice was secured by pressing the bag. To-day several "extractions" are made. After the bag has been left

to drip half an hour, transfer the pulp to a saucepan, add water to cover, and stir until thoroughly mixed throughout, then cover and let heat slowly to the boiling point and drain as before. This product is known as "extraction 2" and will make a good jelly. It may not be as clear nor the flavor quite as high as jelly made from the first extraction, though it is often difficult to distinguish between the two. Often several extractions are made, and all the liquid, except the first extraction, mixed together is made into jelly. By rapid boiling, these later extractions may be reduced so that the product may be handled as the first extraction.

When apples are plenty, apple juice may be used as the liquid in which to cook the pulp of choice fruit after the first extraction.

When water is used, the flavor is less than at the first extraction, the quantity of pectin present is probably below the normal, and the proportion of sugar must be lessened. Pectin and sugar must be proportioned accurately, if the best results are to be obtained.

The cleaner the fruit (the freer it is of stems, leaves, etc.) the brighter and clearer will be the jelly.

Jelly is brighter and more choice when the addition of the sugar is delayed until the water has evaporated, so that the liquid jellies by the time the sugar is dissolved; then, as a corollary:

Heating the sugar in the oven will improve the jelly.

Honey may replace sugar in whole or part in jelly making.

Always bring the juice for jelly to the boiling point quickly (over a quick fire) then let boil moderately from ten to twenty minutes, according to the water in composition or that added. Add the sugar, made hot in pans in the oven, stir, and let boil from one to five minutes. Or cook until the boiling product "jells" as it drops from the spoon. If previous directions in regard to water have been followed, no jelly need be boiled longer than five minutes after the addition of the sugar, and in most cases the jelly is ready when the liquid reboils after the sugar has been added.

Skim while the juice is boiling and again after the sugar is added, and straining into the glasses, — a wasteful process, — is unnecessary.

Jelly should always be made in small quantities. If two quarts of juice is to be used, set it

to cook in two saucepans. Long cooking darkens the product.

If jelly or marmalade poured into glasses does not seem firm enough, set the glasses in the sun, cover them with a pane of window glass or glass lids from fruit jars for two or three days.

A jelly "to stand alone" should lack sugar rather than contain an excess of it. Too large a proportion of sugar makes soft jelly.

Crystals sometimes seen in jelly, particularly that from grapes or blueberries, indicates too much sugar or too long cooking before the addition of the sugar.

The white inner skin of oranges and lemons contains pectin, and may be added to cherries, strawberries, rhubarb, or other fruit with low pectin content to produce jelly.

Currants, partially ripened grapes, sour apples, and plums are among the fruits most easily made into jelly. The pectin content in each of these fruits is large, but this is not all; each fruit is of an acid nature, and acid is a prime essential to a perfect jelly. Less acid fruits, rich in pectin, may be combined with any of these acid fruits to give jelly of good consist-

ency and of varied flavor. Lemon juice may be added advantageously to quince, strawberry, peach, or pear juice to be made into jelly.

COVERING JELLY

When the jelly is cold, have ready pieces of paper (such as is used in wrapping butter, fish, etc.) cut to the size of the top of the jelly glass. Brush these on one side with brandy or alcohol and press, brandy side down, on the top of the jelly. The paper may be used without the brandy, even if the jelly is to be stored for months, and for immediate use the brandy is superfluous. Also have ready papers about an inch longer in diameter than the glasses; brush the underside of the papers, on the edge, with mucilage or white of egg, then turn the paper down, pressing it against the outside of the glass, to which it will adhere, completely protecting the contents from the outer air. Jelly and marmalade protected with paper keep in much better condition than when any other means are employed. Store in a cool, dry place.

THE PRINCIPAL POINTS TO REMEMBER IN JELLY MAKING

1 (*a*) Put soft fruit into a saucepan, crush with a pestle, and let heat slowly; when hot throughout, drain in a bag, then press out juice, or add water to pulp and make one or two more extractions.

(*b*) Cover hard fruits, — as apples, quinces, and plums, — in water and cook until soft. The skin, seeds, and stones give color and flavor to the jelly and should be retained. When soft, drain. The cores of quinces contain a gummy substance that makes their use impracticable.

2 Heat juice quickly to boiling point, can it, or boil a certain time, add hot sugar and boil to jelly.

3 Skim and store in sterile glasses.

Blueberry Jelly No. 1

Cook and drain the fruit according to previous directions. Set over a quick fire and heat to the boiling point; let boil six or seven minutes; add one cup of sugar, made hot in the oven,

for each cup of juice; let boil one or two minutes, then pour into the glasses. The glasses must be ready in a pan of hot water as the mixture will often jelly in the saucepan, if there is a moment of delay in turning it into the glasses.

Blueberry Jelly No. 2

Cut a large lemon in very thin slices; let stand over night in cold water to cover; add the lemon and water to three quarts of blueberries and let cook and drain in the usual manner. Finish as Blueberry Jelly No. 1.

Blueberry Jelly No. 3

After the juice has drained from blueberries prepared for jelly making, turn the contents of the bag into a saucepan, add water to cover, and a lemon cut in thin slices if desired; mix thoroughly and let cook slowly until boiling throughout; drain in a bag and measure; let boil ten minutes (about), then add half a cup of sugar for each cup of liquid (have the sugar hot); let boil till the liquid forms drops of jelly when turned from the spoon (three to five minutes), then turn into glasses.

Barberry Jelly

4 quarts barberries
1 dozen large sour apples
3 oranges
½ pound seedless raisins
Sugar as needed

Cut the apples in quarters, and the oranges in shreds; add the barberries and enough water to barely cover the whole and let boil until the apples are soft; drain and measure. Take three fourths a cup of sugar for each cup of juice. Set the liquid over the fire to boil and the sugar into the oven to heat; add the raisins to the juice, let boil twenty minutes, and skim out the raisins to use in some other dish; add the hot sugar and stir thoroughly, then skim and boil until the syrup jellies in drops when poured from the spoon.

Apple Jelly

Apple juice made from parings and cores of apples may be used. See "Canned Apple Juice." Or apples freed of imperfections and cut in quarters may be used. Cover the fruit with water and set over the fire to cook until soft throughout; drain in a bag. Let the juice boil twenty minutes; add hot sugar in the proportion of three fourths a cup to each

cup of juice taken, and let boil from one to six minutes. Skim before and after the sugar is added.

Variations of Plain Apple Jelly

Just before turning the jelly into the glasses, add one or two teaspoonfuls of vanilla extract.

When setting the apple juice to boil, add a lemon or an orange cut in very thin slices, first removing all seeds; skim out the lemon or orange before adding the sugar.

Or boil the thin yellow rind and the juice of one or two lemons in each two quarts of juice prepared for jelly.

Just before turning the jelly into the glasses, hold in it for a few moments three or four lemon verbena or rose geranium leaves.

Or stir into it a teaspoonful of almond extract.

Apple Mint Jelly

Cut the apples in quarters, removing imperfections. Barely cover with boiling water, put on a cover and let cook, undisturbed, until soft throughout. Turn into a bag to drain. For a quart of this apple juice set three cups of sugar on shallow dishes in the oven to heat.

Set the juice over the fire with the crushed leaves and stalks from a bunch of mint; let cook twenty minutes, then strain into a clean saucepan. Heat to the boiling point, add the hot sugar, and let boil till the syrup jellies. Tint with green color-paste very delicately. Have ready three to five jelly glasses on a cloth in a pan of boiling water. Let the glasses be filled with the water; pour out the water and turn in the jelly. When cooled a little, remove to a board or table.

Crême de Menthe Jelly

Select apples with a green or yellow skin; cut them into quarters, discarding all imperfections; add water, to nearly cover them, cover closely and let simmer, turning them occasionally, that all may be softened. Drain in a bag and measure the liquid. For each cup take three fourths a cup of sugar and for each eight cups a cup of crême-de-menthe cordial. Heat the sugar in the edge of the oven, leaving the door open that the sugar may not burn. Heat the apple juice to the boiling point as quickly as possible, let boil rapidly, uncovered, twenty minutes, skimming as needed,

then add the hot sugar; let boil until it jellies; remove from the fire, stir in the cordial and green color-paste or liquid to secure the shade of green desired, then turn into glasses.

Crab Apple Jelly

Wash the crab apples; if large cut them in halves, discarding the stems. Cover with boiling water and let cook until soft throughout, then store as apple juice or make into jelly as apple jelly is made.

Spiced Apple Jelly

½ peck Duchess apples
3 pints vinegar
1 pint water
1 ounce cinnamon } tied in
½ ounce cloves } bag

Let cook until the apples are soft, then drain in jelly bag; boil the juice twenty minutes, add three fourths a cup of hot sugar for each cup of juice and let boil until it jellies.

Spiced Crab Apple Jelly

5 pounds crab apples 1 pint water 1 pint vinegar
1 tablespoonful whole cloves
1 tablespoonful mace blades } tied in bag
1 tablespoonful cinnamon bark in bits

Cook the crab apples with the water, vinegar, and spice until soft; drain and finish as apple jelly. Use three fourths a cup of sugar to each cup of juice.

Plum and Crab Apple Jelly

Cook the plums with a little water until tender, then drain in a bag. Add water to the crab apples and cook until tender throughout, then drain. Take three fourths a cup of sugar to each cup of juice; boil the juice twenty minutes, add the sugar, heated in the oven, and let boil all over. Sometimes a little longer boiling is needed, but not often. Wild plums are said to give good results. The two varieties of juice may be combined in such proportion as is desired.

Wild Plum Jelly

We have had no experience in making jelly of wild plums, but have made it most successfully from damson plums, also from green gage plums without the use of crab apples. In making these jellies, we used little water, less than in making apple jelly. Boil the fruit with the water until it is soft; drain and press out the

juice or make several "extractions." Measure, heat to the boiling point quickly, then boil rapidly ten minutes; add a pound of sugar (a pint) for each pint of juice and let boil until it jellies.

Five Fruit Jelly

2 quarts currants
1 quart strawberries
1 pint raspberries
1 quart cherries
1 pint apple juice

The cherries should be ripe, the other fruit a little underripe. Stone the cherries, saving all the juice. Heat all the fruit together in a double boiler until the juice flows freely. Strain as usual and add the apple juice. Let the juice boil about twenty minutes. Add the hot sugar, a cup of sugar for each cup of juice, and let boil until it jellies.

Green Gooseberry Jelly

Cook the gooseberries in a double boiler until the juice flows freely. Turn into a jelly bag and let drip without interference. If clogging checks the flow of juice, scrape the inside of the bag occasionally with a wooden or silver spoon. If desired very clear, strain the juice

through a second bag. Measure the juice and put an equal number of cups of sugar in the oven to heat. Let the juice boil vigorously about ten minutes. Skim as needed. Then add the hot sugar, and, as soon as the jellying point is reached, turn into glasses that have been rinsed in hot water. Longer boiling before the addition of the sugar is needed if water be added to the gooseberries.

Gooseberry jelly is much improved if one cup of currant juice be added to each three cups of gooseberry juice. Or the gooseberries and currants may be cooked together for the juice.

Grape Jelly

Remove the grapes from the stems, put over a slow fire in an agate or white-lined saucepan, and let simmer very gently, until the fruit is softened throughout; then pour into a bag and drain off all juice possible. Take one cup of sugar for each cup of juice; heat the sugar, spread on shallow dishes, in the oven; meanwhile heat the juice to the boiling point and let boil rapidly about five minutes, skimming as needed; add the sugar and let boil until a little will jelly on a cold saucer or from the tip of the

spoon. Have ready jelly glasses on a folded cloth and surrounded with water heated nearly to the boiling point. The glasses should also contain hot water. When the jelly is done, pour the water from the glasses, fill with jelly, and remove from the pan of water. When cold, cover with paper.

Green Grape Jelly

Wild grapes give the best jelly; pick the fruit just as it begins to change color. Free the grapes of stems and leaves, put them over a slow fire to heat gradually, cover the pan and shake the saucepan occasionally until the fruit boils, then let simmer about half an hour. Turn into a bag and let drain; when cool enough, loosen the contents of the bag that all the juice may drip from it; press the last of the juice from the bag, or make several "extractions" from the pulp. Measure the juice; take as many cups of sugar as cups of juice, set the sugar on agate plates into the oven, not too hot, and stir often while it is heating. Let the juice boil twenty minutes; add the hot sugar and stir until it is dissolved. Have the jelly glasses, filled with hot water, in a pan of hot

water, a folded cloth beneath them; empty the water from the glasses and ladle the hot jelly into them. Remove to a board. When cold, cover with a small round of paper, dipped in brandy, — this may be omitted, — and finish with rounds of paper that cover the top of the glass completely. Mint leaves are often cooked with the juice of green grapes to secure mint jelly. A little color paste is needed to get an attractive color.

Raspberry Jelly

Prepare the juice in the same manner as described under green-grape jelly. Can the juice, or make the jelly at once. Raspberry juice may be added to apple juice to secure a firmer jelly. The proportions may be half and half, or one third raspberry juice to two thirds apple juice.

Currant Jelly (Mrs. Henderson)

Remove the leaves but not the stems from the currants. Weigh the fruit and allow half the weight in sugar. Put a few of the currants into a porcelain-lined dish. Mash them until the juice flows freely, then add the rest of the

currants; heat gradually to the boiling point, then let boil briskly twenty minutes, stirring as needed to prevent scorching. Drain in a bag into an earthen dish. Heat the juice to the boiling point, let boil about two minutes, then add the sugar. (Have the sugar hot.) Put immediately into glasses. It will jelly on the cup with which it is dipped from the saucepan.

Raspberry and Currant Jelly

Extract the juice separately and use the same quantity of each, or use three fourths currants to one fourth raspberries, the raspberries being the more pronounced in flavor. Use a cup of sugar to each cup of juice.

Currant Jelly (Common Method)

Several extractions may be made from currants. For the first, boil the juice (drained after cooking in a double boiler or waterless cooker) twenty minutes. Have the sugar, — a cup for each cup of juice, — made hot in the oven; add the sugar and let boil till the mixture drops from the spoon in beads. For the second extraction, use three fourths a cup of sugar to each cup of juice.

Mother's Currant Jelly

Before the currants ripened, grass was cut and spread quite thickly beneath the bushes, that the rain might not splash earth upon the fruit. With a pestle crush the currants on the stems in a mixing bowl, then turn, a few at a time, into a cloth and squeeze out all the juice. Turn the juice into a clean cloth and let hang on a hook until the juice has dripped through the cloth. Let boil twenty minutes, after boiling begins. Add a cup of sugar for each cup of juice taken and let boil two or three minutes. Heat the sugar in the oven.

Jelly from Currant Pulp

Uncooked currants from which the juice has been taken by pressure may be cooked with apples or apple juice to make good flavored jelly. Canned apple juice may be available for the purpose. To the residue in the bag, add one or two quarts of apple juice; let boil twenty minutes after boiling begins; drain in a cloth; add three fourths a cup of sugar made hot in the oven for each cup of apple juice, and let boil about five minutes, or until the syrup jellies.

Black Currant Jelly

Black currants should be well ripened. Heat in the usual manner, then drain, in a bag. Measure the juice and allow a cup of sugar to each cup of juice. Let the juice boil rapidly ten minutes, add the sugar, and let boil till the mixture jellies. Black currant jelly, even when made of dripped juice, is always rather dense and the last of the juice is often secured by pressure and used with that dripping from the bag.

Black Currant Jelly No. 2

Wash the currants, remove from the stems, and set to cook in a double boiler. When soft, drain in a bag, pressing out all the juice possible. Measure the juice, heat to the boiling point, let boil about five minutes, add an equal measure of hot sugar, and boil as needed. Add water to the pulp in the bag and reboil. Boil this second extraction from ten to twenty minutes, then add an equal measure of hot sugar, and let boil to jelly.

Apple and Cranberry Jelly

The apples and cranberries may be cooked together, just as apples are when used alone for

jelly, or the two varieties of juice may be taken separately. For the latter, take one quart of apple juice and one cup and a half of cranberry juice. To secure the cranberry juice, put three pints of cranberries over the fire with a cup and a half of boiling water, cover, and let cook rapidly until the skins burst, then drain in a bag. Let the apple and cranberry juice boil twenty minutes, add four cups and a quarter of sugar made hot in the oven, and let boil two or three minutes. Strain the pulp left in the bag through a purée sieve, reheat to the boiling point; remove from the fire and stir in two or two and one half cups of sugar. Do not reheat. This should be used at once, or by reheating to the boiling point, it may be stored in a can in the usual manner.

Cranberry Jelly

Boil the juice secured by draining fifteen to twenty minutes, add the hot sugar, a cup for each cup of juice, and boil one or two minutes.

Cranberry Jelly No. 2

Wash the cranberries, let cook in a double boiler or waterless cooker until soft throughout,

turn into a cloth and let drain; when cold, press all the juice possible from the bag. Take a cup of sugar for each cup of juice. Reheat the juice to the boiling point, add the hot sugar, let boil one minute.

Quince Jelly with Honey

Boil the quince juice (secured in the usual manner) about twenty minutes. Use three fourths a cup of sweetening to each cup of juice. Let half the measure of sweetening be strained honey. Boil until the mixture jellies. It will take from two to five minutes. This jelly is quite unique in texture and flavor.

Strawberry Jelly

Apples or currants should be added to strawberries, if a satisfactory jelly is to be made. As apples are not in season in strawberry time, it is best to can the strawberry juice without sugar and make up the jelly when apples are plenty. Prepare the apple juice in the usual manner. Use one pint of strawberry juice to two pints of apple juice and three fourths a cup of sugar to each cup of fruit juice. Cook the apple and strawberry juice together from

fifteen to twenty minutes; add the sugar, made hot on plates in the oven, cook two or three minutes longer or to about 218° F. by the sugar thermometer. Have the glasses on a cloth in a pan of hot water. Fill the glasses at once. Skim during the cooking as needed. Raspberries may be used in the same manner.

Blackberry Jelly

Heat the berries in a double boiler, waterless cooker, or in an earthen jar set in a pan of hot water, until they are softened, and the juice flows freely. Let drain as usual. Heat quickly to the boiling point, let boil twenty minutes, add an equal measure of sugar made hot in the oven, and let boil about one minute, stirring meanwhile. Skim and turn into glasses. Second and third extractions may be made from the pulp, or the remaining juice may be pressed from the contents of the bag. Use half a cup of sugar to each cup of liquid secured by extraction 2 and 3. Or boil all extractions after the first together, and when well reduced, add three fourths cup of sugar for each cup of juice, and let boil to jelly.

Plum Possibilities

Plum Jelly. Take the plums before they are wholly ripe. Cover with boiling water and let them boil slowly until they are thoroughly cooked. Then drain in a jelly bag. Use an equal measure of sugar and plum juice and finish like other jellies.

Plum Marmalade. Remove the plums from the jelly bag before the juice is entirely drained and put them through a wire strainer. Sweeten to taste and simmer until the sugar is thoroughly dissolved.

Green Pepper Jelly

1 quart apple juice
2 green peppers
3 chili peppers
2¾ cups sugar
Green color paste

Cut the peppers in small pieces; discard a part, at least, of the seeds from the chili peppers. Let the peppers stand in the apple juice over night; let cook twenty minutes, strain and add the sugar, hot; let boil once, tint with the paste and turn into hot glasses. Or, let boil till the syrup drops in "beads" from the spoon.

Guava Jelly

Pick over, wash, and pare guavas. Slice fruit and set to boil with just enough water to cover. Simmer until fruit is soft and seeds drop from pulp. Strain over night through jelly bag. In the morning, measure and add juice of one lime to each quart of juice. Boil rapidly until juice has boiled down about one fourth, which can be told by the lowered ring on the inside of kettle. Then add sugar, one cup for each cup of juice, and boil until it drops thick from the spoon and is ready to jell.

Tomato Jelly

Cut ripe (but not overripe) tomatoes in quarters or thick slices; let cook in a double boiler or in a saucepan over a slow fire until soft throughout, then drain in a jelly bag. Let drain without pressure, or too much pulp for a clear jelly will be taken. For each quart of juice, add the thin yellow rind and the juice of a lemon. Let boil twenty minutes, then add a cup of sugar for each cup of the juice, set to cook, and let cook until a little of the mixture jellies on a cold saucer. If the tomatoes are

very ripe, honey rather than jelly will result. This condition may be remedied by the addition of a cup of apple juice to five or six cups of the tomato juice. Or apple parings with a few quartered apples may be cooked with the tomatoes.

CHAPTER V

PICKLE MAKING AND RECIPES FOR PICKLES

Brine in which articles for pickles are to be stored should be strong enough to hold up an egg. A generous pint of coarse salt to one gallon of water is the usual proportion.

Brine in which vegetables for pickles are to be kept simply over night should be made in the proportion of one cup of salt to one gallon of water.

Scalding pickles in vinegar in a saucepan lined with grape or cabbage leaves, the top of the pickles also being covered with the leaves, is thought to aid in retaining and perhaps in intensifying the natural color of the pickles.

A clean board, a plate holding a clean stone, or a similar weight, is often necessary to keep pickles stored in an earthen jar beneath the vinegar, or brine which preserves them.

Articles to be pickled lose crispness on being

scalded, but they will absorb vinegar more easily.

Spices and the pungent horseradish are an aid in keeping pickles in good condition, but too many spices should not be used. Green or red peppers of any variety are better than pepper corns, which often give a bitter taste to the article in which they are used.

Cloves are the strongest of the spices put in pickles and should be used less freely than mace or cinnamon. A tablespoonful of cinnamon, eight or ten cloves and one inch of ginger root is a good proportion for a quart of pickles.

When white specks appear on the vinegar surrounding pickles stored in a stone jar, drain it off, scald this same vinegar, or a fresh supply, and pour it over the pickles. Cover when cold.

Pickles put up in a stoneware or unglazed earthen jar will keep for months, if the vinegar and spices are of good quality, but it is preferable to store them in small quantities in fruit jars, which can be closed as in canning and opened as needed.

Use a wooden spoon, a porcelain or agate skimmer or ladle to take the pickles from an

earthen jar; vinegar attacks metals, causing dangerous compounds which are liable to be imparted to pickles handled with a metal spoon.

Sugar tends to harden fruit and vegetables, and too heavy a syrup may toughen and spoil peaches, pears, and melons made into sweet pickles. Often such articles must be cooked tender in water before the pickling syrup is added to them. This is the case with some varieties of peaches and is always true with melons and ripe cucumbers.

Green Tomato Pickles

1 peck green tomatoes
1 dozen large white onions
6 red pepper pods
Vinegar
1 cup mixed whole spices

Cut the tomatoes in slices one fourth an inch in thickness; discard the small slice at stem and blossom ends. Cut the onions (peeled) in similar slices. Pack the vegetables in a jar in layers with salt between. Let them stand over night. Drain off the brine. Repack the vegetables, then cover with vinegar scalded with the peppers and spices. These will keep in an earthen jar, but may be stored in cans. The onions may be omitted.

Sour Cucumber Pickles

Select small cucumbers. Wash the cucumbers, then sprinkle with salt and cover with cold water. Use a generous cup of salt to a gallon of water. The next day drain, rinse, and pack into fruit jars, or simply in an earthen crock. Add pepper pods, green or red, and large or small according to the receptacle used. Sprinkle in, also, a few whole spices. Cover with vinegar, scalding hot. Close fruit jars as in canning fruit; having sterilized the jars before packing in the cucumbers, the pickles will then keep indefinitely. For a greener pickle, put grape or cabbage leaves over and under the cucumbers; scald the water with the salt and pour over them; then the next day proceed as above.

Sweet Cucumber Pickles

Prepare as sour pickles, except add sugar to taste to the vinegar, when scalding it. Sprinkle white and black mustard seed, pieces of horseradish, ginger root, green and red peppers through the cans. Green nasturtium seeds are a good addition to sweet cucumber or tomato pickles.

Green Tomato Sweet Pickles

1 peck green tomatoes
1 cup salt
2 quarts boiling water
1 quart vinegar
1 gallon cider vinegar
3½ pounds brown sugar
2 green pepper pods
3 red pepper pods
1 tablespoonful white mustard seed
1 cup cinnamon bark, mace blades, cloves, horseradish, celery seed, cardamon seed, etc., mixed to taste

Remove and discard a thin slice from the blossom and stem ends of each tomato; cut the rest of the tomato in thin slices and sprinkle with the salt, then set aside over night. In the morning, drain, add the boiling water and vinegar, and boil fifteen minutes; then drain again. The next morning cook together, ten minutes, the gallon of vinegar, sugar, the peppers cut in narrow shreds, and the seeds and spices tied in a bag. Add the tomatoes and let simmer one hour, stirring occasionally. Store in fruit jars. The syrup should cover the tomatoes.

Mixed Pickles

1 quart small white onions
6 large red peppers
1 quart small cucumbers
1 quart sliced green tomatoes
3 tablespoonfuls white mustard seed
1 tablespoonful cloves
1 teaspoonful celery seed
Vinegar

Select small tomatoes; discard the first slice from the stem end, then cut the rest of the tomatoes in thin, even slices, cover with salted water (one cup to one gallon), and let stand over night. Also cover the onions, cucumbers, and peppers separately, with salted water. The peppers should be cut in good-shaped pieces of equal size, but the onions and cucumbers should be left whole. In the morning, drain, rinse in cold water, and drain again; then pack in fruit jars, mixing the spices, onions, and red peppers here and there among the vegetables. Fill the jars to overflow with scalding hot vinegar and seal at once. These are very crisp when first opened, but grow softer on standing. The combination of colors makes attractive looking jars.

Chow-chow (two quarts)

1 large cauliflower
18 small cucumbers
1 pint pickling onions (small)
6 small green peppers
2 small red peppers
1 quart vinegar
2 tablespoonfuls mustard
1 tablespoonful turmeric
1 cup salt

Peel the onions, let cook ten minutes in boiling water, then drain. Separate the cauliflower into flowerets and let soak in salted water half

an hour. Put the onions in one bowl, the cauliflower, cucumbers, and peppers in another. Add the salt to three quarts of water and let boil ten minutes; skim and pour it over the vegetables in the two bowls and let stand over night. Pour off the brine and put the vegetables together in a preserving kettle. Mix the mustard and turmeric with half a cup of water and pour it over the vegetables; add the vinegar and let heat to the boiling point; let simmer one hour, then seal in jars.

Pickled String Beans

Select tender beans without strings if possible. Keep them full length, but snip off the ends and remove the strings, if present. Cover the beans with brine, one fourth a cup of salt to a quart of water, and let stand over night. Drain, rinse in cold water, and dry on a cloth. Pack the beans in sterilized jars, adding a chili pepper here and there. For each quart jar take a quart of vinegar, half a cup of brown sugar, a teaspoonful of white mustard seed, and half a teaspoonful of celery seed; heat to the boiling point and fill each jar to overflow; seal as canned food.

Pickled Beans No. 2

Prepare the beans as for cooking, but keep them full length; sprinkle with salt, cover with water, and let stand over night; drain, rinse in cold water, and drain again; pack in fruit jars, adding meanwhile black and white mustard seed and bits of horseradish. Pour in vinegar, scalding hot, to fill the jars to overflow, close the jars as in canning.

Mixed Mustard Pickle

1 quart ripe cucumber in pieces
1 quart small green cucumbers
1 quart onions
1 quart green tomatoes
1 cauliflower
5 green peppers

Cut all the above in pieces and put separately in weak salt and water for twenty-four hours. Scald each separately in same water and drain.

Dressing for Mixed Mustard Pickle

6 tablespoonfuls white mustard seed
1 tablespoonful turmeric
1 tablespoonful ground mustard
4 tablespoonfuls celery seed
1½ cups sugar
1 cup flour
2 quarts vinegar

Scald the vinegar; mix together the ground mustard, turmeric, sugar, and flour, and stir into

the hot vinegar; continue to stir until the mixture thickens; set the dish in boiling water, cover, and let cook fifteen or twenty minutes; add the seeds and pour, hot, over the prepared vegetables.

Small White Onions, Pickled

Wash the onions and cover them with lukewarm water; when quite cool, take off the skins with a silver knife. Rinse in cold water, then drain and cover with vinegar, scalding hot; let boil five or six minutes in the vinegar; skim into cans; add tarragon leaves and bits of horseradish; pour on the same or a fresh supply of vinegar, scalding hot, and store in jars, as canned food.

Pickled Onions

Remove the skins from small white onions with a silver knife. Pack in washed and dried cans, adding six to ten chili peppers and two tablespoonfuls of white mustard seed to each jar. Fill the jars to overflow with cold vinegar and tighten the covers at once.

Rummage Pickles

3 quarts green tomatoes
1 quart ripe tomatoes
3 small bunches celery
3 large onions
3 red peppers
3 green peppers
1 large ripe cucumber
1 quart small green cucumbers
$\frac{1}{3}$ cup salt
3 pints vinegar
2 pounds brown sugar
1 teaspoonful mustard
1 teaspoonful pepper
1 tablespoonful cinnamon

Chop the vegetables; sprinkle with the salt and let stand over night; in the morning, drain, add the other ingredients, and mix thoroughly; store without cooking in half-pint jars, so that only a small portion need be opened at a time.

Piccalilli

2 quarts red tomatoes
$\frac{1}{2}$ peck green tomatoes
1 head cabbage
15 white onions
10 large green cucumbers
Salt
3 quarts cider vinegar
4 pounds brown sugar
$\frac{1}{4}$ cup turmeric
$\frac{1}{4}$ cup black pepper seed
1 ounce celery seed
$\frac{3}{4}$ pound mustard seed
3 red peppers, chopped fine
$\frac{1}{4}$ pound ground mustard
1 cup olive oil
1 quart vinegar

Chop the vegetables fine and dispose these in a porcelain dish in layers with salt between. Let stand over night, then drain, discarding

the liquid, wringing the vegetables in a cloth, if necessary. Heat the vinegar, sugar, seeds, turmeric, and the peppers to the boiling point, and pour over the vegetables. Let stand over night. Then drain the liquid from the vegetables, reheat, and again pour over the vegetables. Repeat this process the third morning. Then, when the mixture becomes cold, stir into it the ground mustard and curry powder, mixed with the olive oil and one quart of vinegar.

Piccalilli No. 2

1 quart green tomatoes
1 pint red tomatoes
1 head celery
2 red sweet peppers
1 sweet green pepper
1 large mild onion
½ small head cabbage
1 ripe cucumber
½ cup salt
3 cups vinegar
1 pound brown sugar
½ teaspoonful mustard
½ teaspoonful cayenne

Chop the vegetables, cover with salt, and let stand over night. Drain and press in a cloth to remove all the liquid possible; add the vinegar, sugar, and spices and let simmer until clear (nearly an hour). Store hot in sterilized jars as canned fruit.

Piccalilli No. 3

Slice one peck of green tomatoes and six medium-sized onions. Sprinkle them with a cup and a half of salt and let stand over night. Drain in a bag. Then turn the chopped mixture into a preserving kettle, cover with vinegar, and set over the fire. Add a scant teaspoonful of turmeric powder mixed with vinegar, one teaspoonful of cloves, two teaspoonfuls of cinnamon, two cups of sugar, and a red pepper chopped rather coarse. Mix thoroughly and cook until tender, stirring occasionally. Store in fruit jars as canned fruit.

Olive Oil Pickles

100 small cucumbers
1 quart small onions
1 pint olive oil
1 ounce celery seed
2 quarts vinegar
¼ pound ground mustard
¼ pound white mustard seed
1 tablespoonful black pepper

Cut the cucumbers and onions in slices. Put into an earthen dish in layers with salt between. Put a heavy weight above and let stand over night. Drain off the liquid. Mix the seasonings with the oil, then gradually stir in the vinegar; pour all over the pickles, mix well and store in cans, sealed as in canning.

Cucumber Chow-chow

Chop fine six onions, six cucumbers, one head of cauliflower, half a small head of cabbage, half a peck of green tomatoes, and one red pepper, from which the seeds have been taken. Sprinkle lightly with salt and let stand over night. Then drain, and add one teaspoonful of ground cinnamon, one teaspoonful of mustard seed, two teaspoonfuls of celery seed, two cups of white sugar, a teaspoonful of white pepper, and vinegar enough to cover the whole. Let boil about half an hour, then store in an earthen jar or in fruit jars, as canned fruit.

Bordeaux Sauce

4 quarts fine-chopped cabbage
2 quarts fine-chopped green tomatoes
6 quarts fine-chopped red peppers
6 quarts fine-chopped onions
2 pounds sugar
½ cup salt
2 quarts vinegar
1 ounce mustard seed
½ ounce celery seed
½ ounce, or less, turmeric

Mix and let boil two hours.

Green Pepper Mangoes or Stuffed Peppers

Score a circle around the stem of green peppers, a short distance from the stem, then,

MATERIALS FOR MIXED MUSTARD PICKLES. — *Page 137.*

STUFFED PICKLED PEPPERS WITH SOME OF THE MATERIALS USED. — *Page 142.*

leaving a half inch of the pepper to hold the top in place, cut in the scoring. Take out and discard the seeds and veins. Make a brine of salt and water strong enough to float an egg. Let the peppers stand twenty-four hours in this brine. Drain and fill with chopped cabbage, green tomatoes, onions, and peppers, either one alone or all combined, in such proportion as is preferable. Season the chopped vegetables with mustard seed, grated horseradish, whole cloves, cinnamon bark, and nasturtium seeds. Prepare the vegetables in the same manner as in making piccalilli. Use to fill the peppers. When filled, sew the tops of the peppers in place with white thread. Pack the peppers in a stone jar, and cover with cider vinegar, scalding hot. Let stand over night; drain off the vinegar, scald, and return to the peppers. Drain off the vinegar, and scald several succeeding mornings. Then cover with fresh vinegar, made scalding hot, and set the pickles aside. A pint of sugar may be added to each gallon of vinegar. The time of preparation may be shortened by cooking the mangoes half an hour in the hot vinegar. Then drain, cover with a fresh supply and set aside.

India Relish

3 sweet red peppers
2½ pounds citron melon or watermelon rind
2 heads white cabbage, small but heavy
5 Spanish onions
2 cups brown sugar
1 tablespoonful salt
2 teaspoonfuls ground cinnamon
2 teaspoonfuls ground mace
2 teaspoonfuls paprika
2 teaspoonfuls mustard
2 tablespoonfuls white mustard seed
1 tablespoonful curry powder
1 tablespoonful celery seed
1 quart vinegar

Remove the green rind from the melon, and if watermelon is used, discard all the soft portion; cut into strips or cubes. Cover with brine made of one fourth a cup of salt and water to cover, and let stand over night; then rinse in cold water, drain, dry on a cloth, and chop fine. Chop fine the peppers, cabbage, and onions, sprinkle with half a cup of salt, and let stand over night; then drain in a colander and squeeze in a cloth to remove all the liquid possible. Mix the two chopped preparations with the other ingredients and let boil nearly one hour. Store hot in sterilized jars as canned fruit.

Pottsville Pickle

1½ quarts green tomatoes
1½ quarts ripe tomatoes
2 onions
3 ripe peppers without the seeds

Chop the vegetables; sprinkle with half a cup of salt and let stand over night. Drain and add one quart of vinegar, half a teaspoonful of cloves, half a teaspoonful of cinnamon, half a teaspoonful of mustard seed, and two cups of sugar. Cook until tomato is tender.

Pepper Relish

12 large onions
12 large green peppers
12 large red peppers
12 large yellow peppers

Chop exceedingly fine. Cover with boiling water slightly salted. Let stand ten minutes, then drain. Do this three times, the last time pressing in a cloth. Add one quart of vinegar, three cups of sugar, and cook slowly one hour.

Dill Pickles

Boil and skim three gallons of water, and two pounds of coarse salt. Select cucumbers from six to eight inches long. Wash and wipe them carefully, then put a layer of them in a big stone

jar, — one that will hold at least four gallons. Then put in a layer of grape leaves and a bunch of dill seed on the stalk. Proceed in this way till the jar is full, then lay on plenty of cabbage leaves. On the very top put a large stone. Fill up with brine and let it stand. Quiet fermentation takes place. In about two or three weeks the cucumbers are done, and ought to be transparent, like amber, with a sub-acid flavor, which the grape leaves and stems give the cucumbers.

One Quart Dill Pickles

Fill a quart jar with pickles about the size of a finger; between the pickles put a piece of dill, or more if desired. When the jar is filled, add a level tablespoonful of salt. Pour in cold water; put dill on top of pickles, and seal air-tight as for canned fruit. Place the jars in the sun each day until the water gets cloudy; when the water gets clear again, the pickles are ready for use. A few whole peppers may be added; a very little piece of bay-leaf may also be added, if the taste is liked. Just a small piece of fresh red pepper may be added also. These pickles will keep for a year in a cool, dry

place. If a two-quart jar is used, two level tablespoonfuls of salt are required.

Pepper and Onion Relish

Peel six white onions; cut six red and six green peppers in halves and remove the seeds; chop fine the onions and peppers with half a cup of parsley leaves, cover the whole with boiling water, set a plate above and let stand five minutes; drain, add one cup of sugar, two teaspoonfuls of salt, and two cups of vinegar; let boil half an hour; seal in small cans.

Pepper and Cabbage Relish

5 large green peppers
1 large red pepper
1 large solid head white cabbage
2 tablespoonfuls white mustard seed
2 tablespoonfuls salt
2 tablespoonfuls brown sugar
Cold vinegar to cover

Remove the stems and seeds from the carefully washed peppers; remove outside leaves and hard center from the cabbage and cut in pieces; chop the cabbage and peppers; add the other ingredients, mix thoroughly, and store in cans. This relish may be used at once, but if good vinegar is used, it will keep all winter.

Corn Relish

2 dozen ears sweet corn
1 head cabbage
4 large onions
4 green peppers
1 red pepper
1 quart vinegar
3 cups sugar
¾ cup flour
½ cup salt
¼ cup dry mustard
1 teaspoonful turmeric
1 quart vinegar

Cut the corn from the ears; chop the other vegetables fine, first discarding the seeds of the peppers; add one quart of the vinegar to the corn and chopped vegetables and set to boil; mix together the seasonings and flour, gradually add the other quart of vinegar (cold), and stir into the hot vegetables. Let boil half an hour. Store in cans.

Cucumber Relish

Large, partly ripe cucumbers are liked best for this purpose. Cut the cucumbers in halves lengthwise, remove seeds and soft portion, then grate and measure; allow half as much vinegar as there is pulp. To each quart of pulp allow a level teaspoonful of salt, four teaspoonfuls of grated horseradish, and one fourth a teaspoonful of cayenne pepper. Mix well and bottle. If corks are used, seal with wax. Use cider vinegar.

Pickled Beets and Horseradish

Chop fine a quart of cooked beets; add one cup of grated horseradish, one teaspoonful of salt, and a half a teaspoonful of paprika, then add vinegar, scalding hot, to cover the whole; reheat to the boiling point; store in hot, sterilized jars, as in canning.

Red Cabbage Pickle

Select small hard heads of red cabbage; remove the outer imperfect leaves, cut in quarters, and remove the hard centers. Lay the quarters of cabbage in a stoneware jar, in layers, sprinkling each layer with salt. Let stand twenty-four hours. Drain off the brine, cover with cold water, and let stand twelve hours. Drain off the water and measure it. Pack the cabbage in a clean, dry jar, sprinkling in whole cloves, blades of mace, white mustard seed, chili peppers, and coriander seed. Scald as much vinegar as water poured off; pour this hot over the cabbage, cover, and store in a cool place. The cabbage will be ready for use in a month. White cabbage may be prepared in the same way. Half a cup or more of sugar may be scalded with the vinegar if desired.

Pin Money Mangoes

Cut out a small cube from one end of each mango. The cube should be about one third an inch in diameter. With a skewer remove the soft center, through this opening. Cover the mangoes with salted water (usual proportions), and let stand over night, then drain. If the fruit is firm, let cook in boiling water until tender. Take, for each ten mangoes, one of the prepared mangoes; chop fine, add half the bulk, each, of cleaned dried currants, mixed white mustard, and celery seeds. Before using the seeds, let them stand in boiling water to cover fifteen minutes, then drain and mix with the currants and use to fill the mangoes. Put the cubes back in place, then run through each a piece of wooden toothpick to hold it in place. Pack the mangoes in a porcelain saucepan; make a syrup, using one pint of sugar to each three pints of vinegar, and pour this, boiling hot, over the mangoes. Let stand until next day. Then drain off the syrup, reheat, and pour it over the mangoes. Repeat this process three or four days. Then let the whole come to the boiling point and store in jars, as canned fruit. When storing the mangoes in the jars, add half a

dozen or more small red peppers to each jar. Vinegar and water, half and half, may be used for cooking the mangoes.

Pickled Figs

Five quarts of figs with stems. They must be half ripe. Put them in salt water for twelve hours. Dry and parboil in alum water, using alum the size of half a nutmeg, or put them in lime water. Do not break them. Wash in clear water and dry. Make a syrup of one pint of strong vinegar and a very little water and one pound of sugar. Flavor with mace, cinnamon, and cloves. When the syrup has boiled, put in the figs. Use glass jars.

Pickled Figs No. 2

Eight pounds of white figs, two pounds of sugar, one pint of vinegar, one quart of water, cinnamon, and cloves to taste. Boil all together until a silver fork will pierce the figs. Can hot in glass jars.

Sweet Pickled Carrots

Wash and scrape six or eight medium-sized carrots. Boil in slightly salted water until they

can be pierced with a fork; then drain and dash cold water over them. Put one pint of cider vinegar in a stewpan and add three cups of sugar (one brown and two of white) and one teaspoonful each of cloves, cinnamon, and cassia buds. Let the syrup boil, then slice in as many carrots as the syrup will take. Cover and cook slowly for half an hour, then store in cans as in all canning.

Sweet Pickled Blackberries

3 pounds sugar
1 pint vinegar
5 pounds blackberries
Ground cinnamon
Ground cloves

Dissolve the sugar in the vinegar; skim, add the berries, and let simmer until thick. When nearly cooked, add the spices to suit the taste.

Spiced, Pickled Crab Apples

7 pounds crab apples
3½ pounds sugar
3 cups vinegar
Whole cloves
3 ounces stick cinnamon
1 to 3 cups water

The method of preparing this pickle depends somewhat on the variety of crab apple. Hard crab apples need to be steamed a short time in a little water before the syrup is added. With

soft crab apples, press one or two cloves into each apple, make a syrup of the sugar, vinegar, and water, add the cinnamon and the crab apples a few at a time, and let cook until tender but whole; remove the crab apples to jars as they are cooked; when all are done, reduce the syrup and fill the jars to overflow. With hard crab apples, cook till somewhat tender in water, then use this water in making the syrup, then return the apples to the syrup and finish as before. Before cooking, remove blossom end, wash, and wipe. Retain part of the stems.

Sweet Pickled Peaches

7 pounds peaches
5 pounds sugar
1 pint vinegar
1 cup water
⅔ cup stick cinnamon
½ cup whole cloves

Remove the skins from the peaches by paring or by dipping in boiling water. Directions are given elsewhere. Have ready a syrup, made of the sugar, vinegar, and water; add the spices, then add a few of the peaches with one or two cloves pressed into each; let cook a moment, turning the peaches if necessary to soften all sides. Set the peaches in fruit jars. When all are cooked, reduce the syrup and with it fill the

jars to overflow. Close the jars as in canning fruit.

Sweet Pickled Dried Peaches

When fresh peaches are out of season, make peach pickle from the dried fruit. Soak the dried peaches over night and the next day the skins can easily be removed from the most of them. Pin together two half-peaches of equal size with cloves and bits of cinnamon. Place them in cans, with an occasional almond to suggest a peach kernel, and pour over them hot, sweet, spiced vinegar. Let them stand at least a week before using.

Sweet Pickled Casaba Melon

The melons should not be too ripe; cut in sections, remove outer rind, and the inner soft portion with seeds. Cut the sections in small pieces of as nearly uniform shape as possible; cover with salted water, and let stand over night. Drain, rinse in cold water, and drain again. Weigh the melon. Set the pieces of melon over the fire in boiling water and let cook until tender. Make a syrup of sugar equal to half the weight of the melon, a cup of vinegar, and two cups of water for each three pounds of

sugar. Press two cloves into each piece of melon, and for three pounds of melon add three long sticks of cinnamon. Cook the melon in the syrup until transparent; skim into jars, return all of the syrup to the fire to reduce until quite thick, then pour over the melon in the jars, fill the jars to overflow, and at once adjust sterilized covers.

Sweet Pickled Muskmelon

Select hard melons sufficiently ripe to be well-flavored. Cut in slices and remove the rind and seed portion. To each quart of cold water add one fourth a cup of salt; pour this over the prepared melon to cover well and let stand over night. Drain and set to cook in boiling water. Cook only a few pieces at a time, and remove each the instant it is tender. If cooked longer, the shape will be spoiled. For seven pounds of melon, make a syrup of four pounds of sugar, three cups of vinegar, half a cup of cloves, and a full cup of cinnamon bark in small pieces. Pour the syrup over the melon and let stand over night, then drain off the syrup and pack the melon in jars; reduce the syrup by boiling, then use to fill the jars.

Peach Mangoes

15 peaches
2 tablespoonfuls white mustard seed
2 tablespoonfuls grated horseradish root
4 tablespoonfuls candied or preserved ginger, chopped
1 tablespoonful bits of cinnamon
20 cloves
Sugar
Vinegar

Large, white, freestone peaches are needed for this pickle. Do not remove the skins. Cut out a piece large enough to take out the stone; cut on three sides down to the stone but if possible do not disturb the skin on the further side, in removing the stone. Put the flesh back in place, dispose the peaches in large bowl or porcelained dish, pour over them boiling salted water (a tablespoonful of salt to three pints of water), cover, and let stand over night. Remove to fresh cold water and let remain about ten minutes; wipe dry. Pour boiling water over the mustard seed, add one fourth a teaspoonful of salt and let stand ten minutes; drain and mix with the horseradish, ginger, cinnamon, and cloves; use this to fill the open space in the peaches; run a needle with thread through the two parts of the peach and tie the

thread to keep the peach whole. Set the peaches in a stoneware jar close together. Make a syrup of one pint of sugar to three pints of vinegar and pour boiling hot over the peaches.

Sweet Pickle of Tomato

One peck of firm, smooth, green tomatoes, ten large white onions. Slice with an even thickness the tomatoes and the onions. Place a layer of tomatoes, generously deep, in an earthen crock, next a layer of onions, with liberal sprinklings of salt. When all are used, cover and weight heavily; let stand over night. In the morning drain and rinse with clear cold water; then place in the preserving crock, in layers besprinkled with three coffee cups of brown sugar, two teaspoonfuls, each, of mace, allspice, pounded cloves, celery seed, and mustard seed, and one of finely-pounded cinnamon. Add of purest vinegar a quantity which will cause it to be palatable to those who are to partake of it, as tastes differ greatly. Boil until a thick syrup forms, then place in earthen crocks and cover with a linen cloth before placing the earthen lid.

Spiced Pickled Grapes

Weigh out seven pounds of grapes and slip the pulps from the skins. Put the pulp over the fire in a white-lined saucepan and let simmer until softened, then pass through a sieve fine enough to keep back the seeds. Add this sifted pulp to the skins with four pounds of sugar, one pint of vinegar, one nutmeg, grated, one tablespoonful and a half ground cinnamon, and a scant tablespoonful of ground cloves. Let the whole simmer very gently for two hours. Store as canned fruit.

Pickled Oysters

Pour half a cup of cold water over a quart of oysters and look them over carefully, to remove bits of shell; strain the liquid through a cheesecloth, add the oysters, and bring quickly to the boiling point; skim out the oysters into a glass fruit jar. To the oyster liquor add a tablespoonful of small red pepper pods, six whole cloves and six pepper-corns, half a teaspoonful or more of salt and a cup of cider vinegar; heat to the boiling point and pour over the oysters in the jar.

Pickled Mushrooms

Wash thoroughly, and, if of convenient size, put whole into glass jars. Set these on the rack of a steam kettle (with a cloth on the rack beneath the cans). Put in warm water to cover the rack and let steam fifteen minutes. Have ready enough vinegar scalded, with peppercorns, cloves, mustard seed, celery seed, bay leaves, and chili peppers, to fill the jars. Pour this into the jars. Adjust the rubbers and covers, and let cook five or six minutes, then screw down the covers, and set aside. A tablespoonful of mixed spices will be enough for a quart jar.

Pickled Mushrooms No. 2

If the *Agaricus campestris* be the variety to be pickled, remove the caps from the stems or leave them in place as desired. Peel the caps and put them into fruit jars; for each two jars desired, take a third jar and partially fill it with the mushrooms. Set the jars on a folded towel, laid on the rack of a steam kettle, and pour in cold water to come half way to the top of the jars; put the lids over the jars and cover the

kettle. Let cook three fourths an hour after boiling begins, then fill the two jars from the third. Have ready a quart or more of vinegar, scalded, with two tablespoonfuls of assorted spices, cloves, mace, celery seed, mustard seed, tiny, red-pepper pods, black pepper-corns and the like. Pour the vinegar into the jars to fill them to overflow; adjust the rubbers and covers and let cool in the kettle.

Pickled Limes

Carefully washed limes should be placed in stone crocks and covered with brine made of salt and water. A plate with a weight should be placed on top. After standing for four days, they will be ready for use and should be taken out only as needed.

Pickled Limes No. 2

Make a brine strong enough to float an egg and, in quantity, to cover a dozen limes. Let stand six days, stirring the brine each day. Drain and set to boil in two quarts of boiling water. Let boil fifteen minutes. Let drain and become cold. Scald one quart of vinegar, half an ounce of cloves, half an ounce of mace, half

an ounce of ginger root, half an ounce of horseradish, and one ounce of white mustard seed and pour over the limes disposed in fruit jars. Close securely. These are best after keeping some months.

Pickling Olives

We do not vouch for this recipe, as we are not able to verify it. It comes from Pomona, California. For three gallons of olives dissolve half a pound of concentrated lye in three gallons of water and add two pounds of salt. Let the olives remain in this two days. Draw off this liquid and replace with the same quantity of a fresh supply. Draw off this liquid and cover the olives with pure water, keeping them thus covered from five to eight days, renewing the water daily. When olives have lost their bitterness, drain, and cover with a brine made of one pound and a half of salt to three gallons of water. After two days draw off the brine and, finally, leave the olives in a fresh brine of a pound and a half of salt to nine quarts of water. The olives may be put into fruit jars; fill these with brine to overflow, then put on rubbers and covers as in fruit canning.

Chili Sauce

12 large ripe tomatoes
2 onions
3 green peppers
2 tablespoonfuls sugar
2 tablespoonfuls salt
2 cups vinegar
1 tablespoonful cinnamon

Peel tomatoes and onions and chop, separately, very fine; add peppers, chopped, and other ingredients, and cook one hour and a half.

Old-time Tomato Catsup

Slice a peck of ripe tomatoes and two dozen onions. Let them boil one hour. Then press through a sieve. Add one quart of vinegar, one pint of port wine, one tablespoonful of ground cloves, one tablespoonful of allspice, half an ounce of mace, four nutmegs, grated, one tablespoonful and a half of pepper, one scant teaspoonful of cayenne, and half a cup of salt. Scald over the fire and store in fruit jars or in bottles, covering the corks with sealing wax.

Tomato Catsup (Canned Tomatoes)

1 can of tomatoes
¾ a teaspoonful of salt
½ an onion, grated
2 tablespoonfuls of sugar
¼ a teaspoonful of ground cloves
½ a teaspoonful of paprika
½ a teaspoonful of cinnamon
3 branches of parsley, chopped
1 celery stalk
½ a cup of vinegar

Let all simmer together until reduced to about one pint; press through a sieve, reheat, and store in a can. A slice from a clove of garlic is an improvement to the catsup.

Tomato Catsup

Scald half a bushel of ripe tomatoes and remove the skins; add half a cup of salt, one pound of sugar, one tablespoonful of cayenne pepper, three teaspoonfuls, each, of ground mace and celery seed, two tablespoonfuls of ground cinnamon, and two quarts of vinegar. Boil slowly until reduced one half, then pass through a sieve, reheat, and store in sealed bottles, or in tight-closed cans. A larger quantity of spice is desired by many.

Tomato Catsup No. 2

- ½ bushel tomatoes
- 6 large onions
- 2 cups granulated sugar
- ½ cup salt
- 1½ quarts white wine vinegar
- 4 red peppers, chopped fine
- ¾ teaspoonful whole cloves
- 2 teaspoonfuls stick cinnamon
- 1 teaspoonful allspice
- 1 nutmeg

Slice the tomatoes and onions, add the other ingredients and let simmer until quite thick,

stirring often; strain and can as any canned article, or store in bottles, using new corks and covering the cork securely with sealing wax.

Mushroom Catsup

Pick over (wash and drain, if needed) one peck of mushrooms; slice these, and put over the fire with a little water, just enough to keep them from burning. Cover the saucepan and let cook, stirring often, until the mushrooms are soft; then press through a fine sieve. To the pulp add one pint of vinegar, two tablespoonfuls of salt, half a teaspoonful of cayenne, two tablespoonfuls of mustard, one tablespoonful of cinnamon, and half a teaspoonful, each, of mace and cloves (ground). Cook about half an hour longer (or until thick), then taste, and add such other seasoning as is needed. Bottle and seal.

Cucumber Catsup

Pare ripe cucumbers; cut them in halves, discard the seeds and grate the pulp. Drain off the liquid and to each pint of solid pulp add half a pint of strong, cold, cider vinegar, one fourth a teaspoonful of cayenne or a generous

half teaspoonful of paprika, one teaspoonful of salt, and two level tablespoonfuls of grated horseradish. Seal tight either in fruit jars or bottles.

Cranberry Catsup

5 pounds cranberries
1 pint vinegar
2½ pounds brown sugar
3 tablespoonfuls cinnamon
½ tablespoonful cloves (ground)
½ tablespoonful salt
½ teaspoonful paprika

Cook the cranberries and vinegar about five minutes, or until the berries burst open; press through a fine sieve, add the other ingredients, and let simmer until thick; then store in bottles or as canned fruit, preferably a part in each, some for present use and some for later in the year.

Chutney (An English Recipe)

4 ounces salt
4 ounces raisins
3 ounces onions
3 ounces garlic
2 ounces mustard seed
½ ounce cayenne pepper
14 ounces tart apples
2 cups strong vinegar
4 ounces sugar

Stone and chop the raisins, chop the onions and garlic fine; chili peppers may replace the cayenne pepper, but if used must be chopped

fine; crush the mustard seed. Put all these ingredients when prepared into a mortar, add the salt, and pound as smooth as possible. The apples are weighed after paring and coring. To the apples add the vinegar and sugar and let cook until the apples are soft throughout; beat smooth and let cool, then gradually beat in the mixture in the mortar. Store in fruit cans.

Chili Pepper Vinegar

Half fill a half-pint can with small chili peppers (do not remove stone or seeds) and pour in red wine or cider vinegar to fill the jar. Keep closed and in a dark place. The vinegar is ready for use in a week. It is used in soups and sauces, but a few drops are especially good in salad dressing.

Tarragon Vinegar

Use fresh tarragon leaves if available, otherwise take dried leaves; into a sterilized quart fruit jar put a cup of leaves and fill the jar with choice cider or wine vinegar. Cover and let stand in a cool place two or three weeks; strain through a napkin or felt bag, bottle, and secure with a close fitting cork.

Raspberry Vinegar

4 quarts raspberries
6 cups sugar
2 cups cider or white wine vinegar

Put half the berries in a large china bowl, pour the vinegar over the berries, cover the bowl, and set it aside in a cool place until the next day. Strain off the liquid. Put the rest of the berries into a clean bowl and pour the liquid over them; cover and let stand until the next day. Strain off the liquid and heat to the boiling point; add the sugar and let boil twenty minutes. Store in cans or in bottles that can be corked tight. This is used as a beverage in hot weather, two or three spoonfuls being added to a glass of water.

Spiced Raspberries for Meat

Raspberries left from raspberry vinegar
4 cups sugar
½ cup boiling water
2 strips stick cinnamon
1 dozen cloves tied in cheese-cloth

Simmer all the ingredients together for one hour; pick out the spices and store the berries in jelly glasses. If the seeds are objectionable, press the berries through a purée sieve before adding the sugar.

Dandelion Wine

Over three quarts of dandelion blossoms pour one gallon of boiling water. Let the blossoms stand from twenty-four to forty-eight hours, then strain through cheese-cloth. Add the juice of four oranges and three lemons, four pounds of granulated sugar, and one fourth a cake of compressed yeast. Stir until the sugar is dissolved. Put the mixture in a two or three gallon jar. Tie muslin over the top of the jar. Set it in the cellar for six weeks. Then skim, strain, and bottle. It is now ready for use and is pronounced not only good to the taste but a healthful drink.

CHAPTER VI

MISCELLANEOUS RECIPES

Raspberry Shrub

Pour one quart of vinegar over three quarts of raspberries and let stand over night, then let drain in a jelly bag. To each pint of juice add one pound of sugar; let boil half an hour. Bottle when cold.

Crystallized Fruits

Pineapples, apricots, pears, cherries, and orange, grapefruit, and lemon peel are usually selected for crystallization. In general, the fruit is cooked in a rich syrup and cooled in the syrup repeatedly, or on each day for a week or longer, until it is thoroughly saturated with syrup; it is then rolled in granulated sugar and stored in tightly-closed receptacles.

Blackberry Cordial

Crush the berries with a pestle, turn into a bag, and with the pestle and a spoon press out all the juice possible. Let stand an hour or

more to "settle," then turn into a bag and let drip through it. For each quart of juice, take two cups of sugar, a teaspoonful, each, of ground cloves and cinnamon, and half a nutmeg, grated; let boil gently twenty minutes, store in bottles when cold, adding to each quart about one fourth of a cup of French brandy.

Preserved Cherries and Delaware Cherry Vinegar

Stone the cherries and cover with vinegar. Let this stand on the cherries over night in a cool place. Next day drain off the vinegar and cherry juice and keep for a beverage. It is cherry vinegar or cherry "shrub," when sugar is added to it. Delaware cherry vinegar is as much esteemed as raspberry vinegar. This is, however, a by-product, the main thing being the fruit itself.

After draining off the vinegar, put the cherries in a stone crock with alternate layers of white sugar, allowing three quarters of a pound of sugar for every pint of cherries. Keep the crock covered and in a cool place. Stir it gently so as not to cut up the fruit, every day for ten days. A wooden spatula, or spoon, is a good thing to use for this. The fruit may then be put into

smaller receptacles, but need not be sealed air-tight. The result is pronounced delicious.

Candied Cherries

This formula was donated by one in charge of a soda fountain. The cherries cannot be told from the maraschino cherry. The Mt. Morenci, or any firm cherry, is best adapted for this purpose; stone carefully the amount of cherries desired; soak the cherries in vinegar twenty-four hours; this makes them firm; then drain. Take equal weights of granulated sugar and cherries; thoroughly mix, then lay the mixture on platters and keep in a cool place for seven days; stir well each day; put in jars and seal. Keep in the cellar while curing.

Grapes Preserved by Sealing Wax

Select choice bunches of ripe grapes, fresh from the vine. Heat the end of a stick of sealing wax in the flame of a candle or lamp, and with the hot wax completely cover the ends of the stems, thus excluding air and retaining juice. Pack the grapes in a wooden box with a layer of cotton batting between the layers. Store in a cool place.

Glacé Figs

Put figs in pan. Make syrup to cover in proportion of one cup and a half of sugar to one cup of water. Cook until figs are a little yellow and keep in syrup over night. Next day cook in same syrup half an hour, leave again over night, then cook until stem is transparent, and leave until cold. Then drain on plate, spread on mosquito netting stretched over pan or tray, and dry thoroughly. Wet the netting before putting the fruit on it.

Dried Peaches in Sugar

It is a good plan to choose a very hot day for this process and finish them early in the morning. When the sun is hot enough, they can be dried in one day. This may be done in a cool oven, but they lack the fine flavor of the sun-dried peach. Pare fine yellow peaches and cut them in halves, taking out the stones. Drop into boiling syrup made of four cups of sugar to one cup and a half of water. This quantity will be sufficient for six pounds of peaches. Let the fruit simmer till tender. It will begin to have a transparent look when ready. Lift each peach very carefully, roll in powdered

sugar, and lay on a platter. Set in the sun to dry. If syrup oozes from them, remove to a dry dish. When perfectly dry, pack in a jar with sugar about them. When preparing for use, let soak over night, and stew in the same water. They will be found to have as fine a flavor as the canned peaches, and will keep any length of time.

Dried Celery and Parsley Leaves

When the celery comes into the house, clip off with the scissors all the good leaves but not any of the stalks. Wash thoroughly. Place on a light brown paper and put in warming oven to dry quickly. When very crisp, rub through the hands or roll with a rolling pin, to pulverize. This latter must be done, as they will soften a little by standing and the large pieces are not as desirable for cooking purposes. These should be stored in an air-tight can and will be found very useful in making stuffings, — added to a salad where celery flavor is desired, — also are delicious in making cream-of-celery soup, without further additions of celery.

Even though parsley may be had all winter, try drying a small quantity, following same

directions as for celery. When using onion in any dish, use parsley also.

Dried Raspberries

Black raspberries or the purple Columbian berry are the best for this purpose. They should not be overripe.

The fruit should be free from dust and gathered by clean hands, so that it need not be washed before drying.

Look over carefully and spread in layers, three berries deep, on earthen plates or granite tins. Set in the oven or on the back of the stove until brought to a scalding-point, then at once remove to a place that is simply warm enough to keep the moisture slowly evaporating, but where there is no possible danger of burning. Stir occasionally with a spoon. In twelve hours the fruit should be reduced to one third its original bulk, when three plates may be put together, giving room for a fresh supply.

It will take from thirty-six to forty-eight hours to remove all the moisture. Then the berries will be ready to pack away. At the last, set the berries into the oven and again bring to the scalding-point, to insure freedom from

insects. In doing this, watch constantly, lest the berries burn.

Pack the fruit in small pails with tight covers, or baking-powder cans may be used.

Before putting on the cover, spread over the top as many thicknesses of clean paper as will shut down with the cover, the edge showing below the cover when it is on firmly, so as to make it moth-proof.

In a day or two take off the cover; if any moisture appears on the paper or sides of the pail, heat enough to remove it and put on a dry paper. The dishes may be set in any dry place. Fruit dried in this way will keep for years; and, although an old-fashioned way, it is an agreeable change from ordinary canned and preserved fruits. Before using carefully wash in lukewarm water; stew for a long time in plenty of water; add sugar just before serving.

Candied Grapefruit and Orange Peel

Select choice fruit. Remove the peel in quarter sections and cut it into strips nearly half an inch wide. Weigh the peel and take its weight in sugar. Cover the peel with cold

water, adding a tablespoonful of salt to three pints of water, and let stand over night. In the morning let simmer until the peel is very, very tender. It will take five or six hours. The cooking must be very slow; the dish should be large in extent, that the peel may not be broken during the cooking. Set the kettle aside over night. Drain off the liquid. Cook the sugar and half its weight of water to a syrup; add the peel and let simmer very slowly until the syrup is thick (nearly all absorbed) and the peel comparatively clear; when partly cooled, pick out the pieces of peel, roll them (with a fork) in granulated sugar, and set them on waxed paper to dry. Store in closed glass receptacles. If the peel becomes hard, simmer in a little hot syrup, — a few pieces at a time, — until soft; then again roll in granulated sugar.

If more convenient, the peel need not be cut in shreds until after it has been cooked. Peel, candied for use in pies, puddings, etc., is left in quarter or half sections.

Candied Fruit

Stone cherries. Remove hard center and outside and cut pineapples in slices. Let cook

in boiling water until tender. For a pound of drained fruit, cook one pound and a quarter of sugar and a cup of the water, in which the fruit was cooked, to the soft ball stage (238° F.). Remove from fire and pour over the fruit, set in a shallow dish. The syrup should cover the fruit. Return to the fire and let boil once. Set aside until next day. Drain on a sieve. To the syrup add half a cup of sugar and again cook to 238° F. Put in the fruit, let boil once, and set aside over night. Repeat this process three times, adding half a cup of sugar each time. The fruit, by this time, will probably have taken up all the syrup it will absorb. Let dry off a little and store in glass, tightly-closed. Pineapple in slices may need to be reheated in the syrup four or five times. Each variety of fruit should take up all the syrup possible. Where fruit is candied in large quantity, shallow trays provided with wire screens, to keep the fruit under the syrup, are used. If the syrup crusts, do not add the half-cup of sugar at the next boiling, but add a few tablespoonfuls of boiling water.

Candied Citron

Peel and cut in sections, removing all seeds; let stand over night in brine made of half a cup of salt to a gallon of water. Drain, rinse, and cook until tender in fresh water. Let cool in the water. Take sugar equal to the weight of the citron before cooking and a cup of water to each pound of sugar; let boil, and skim. In this syrup cook the citron until transparent; remove and let the syrup simmer until quite thick; put in the pieces of citron and let stand over night. Take out the citron, reheat the syrup, pour it over the citron, and let stand again. Repeat till the citron will take up no more syrup. Then let dry off and store.

How to Preserve Eggs

To preserve eggs for any length of time, exclude the air by covering them with fat, wax, strong brine, or lime-water; or pack them in sawdust, or meal.

Eggs may be kept fresh in a cool, dry place for months by packing them, small ends down, in a bed of ordinary coarse salt. The shells should not come in contact, and each egg should

stand upright. The salt holds the egg firmly in position and excludes the air. Fine rock salt, such as is often used in freezing, is adapted to this purpose.

Solution for Preserving Eggs (United States Agricultural Department)

Fill an earthen or water-tight wooden vessel with eggs. To one part of water glass, also known as soluble glass and silicate of soda, add ten parts of tepid water, stirring the water thoroughly and slowly into the water glass. When the resultant mixture is cold, pour it gently over the eggs, using sufficient to immerse them. Three pints of water glass and thirty pints, or fifteen quarts, of water will generally cover fifty dozen eggs. Keep the vessel covered and in a cool place.

To Preserve Eggs for Use in Winter

Into each three gallons of water mix one pint of freshly-slacked lime and one half pint of common salt; put in the eggs and cover with a board sprinkled with lime and salt.

Brine for Pickling Meats

1 quart salt
1 ounce saltpetre
½ cup brown sugar
1 gallon cold water

Rub part of the salt into the meat; dissolve the rest of the salt, the sugar, and the saltpetre in the water, put in the meat, and set a weight above to keep the meat under the brine. Let stand in a cool place. Thin pieces of meat and tongues will be ready to cook in three or four days. For less salt meat, shorten the time in the brine.

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